



St. Paul Eastside Y Group Training Schedule

Late Fall 2019 - Classes starting between October 28 and December 31

(651) 771-8881

ymcamn.org/eastside

www.facebook.com/eastsideymca

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8:45am-1:15pm, 4:15pm-8:45pm, F 8:45am-1:15pm, 4:15pm-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:15am-1:15pm
Sunday:	6:00am-8:00pm	Sunday:	1:30pm-5:30pm

Classes starting Monday, October 28

Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
76_FW_1326_10_102819_YHL	11:00 am to 12:00 pm Class meets 7 times	Personal and GT Studi	Annie		
Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
76_FW_1326_11_102819_YHL	1:00 pm to 2:00 pm Class meets 7 times	Personal and GT Studi	Barb		
Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
76_FW_1326_12_102819_YHL	2:00 pm to 3:00 pm Class meets 7 times	Personal and GT Studi	Barb		
Pilates Reformer Group Class - 30 min: 15+ yrs					\$84 member /\$126 non-member
76_FW_1325_10_102819_YHL	4:00 pm to 4:30 pm Class meets 7 times	Personal and GT Studi	Barb		
Circuit Works - 60 min: 18+ yrs					\$140 member /\$182 non-member
76_FW_1186_10_102819_YHL	4:30 pm to 5:30 pm Class meets 7 times	Personal and GT Studi	Barb		

Classes starting Tuesday, October 29

Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
76_FW_1326_20_102919_YHL	9:00 am to 10:00 am Class meets 7 times	Personal and GT Studio	Annie		
Pilates Reformer Group Class - 60 min: 15+ yrs					\$140 member /\$182 non-member
76_FW_1326_21_102919_YHL	11:00 am to 12:00 pm Class meets 7 times	Personal and GT Studio	Annie		
TRX Suspension Trainer Intermediate - 30 min: 15+ yrs					\$84 member /\$126 non-member
76_FW_1310_20_102919_YHL	5:30 pm to 6:00 pm Class meets 7 times	Personal and GT Studio	Annie		

Classes starting Wednesday, October 30

Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs					\$84 member /\$126 non-member
76_FW_1319_30_103019_YHL	11:30 am to 12:00 pm Class meets 7 times	Personal and GT Studio	Dru		
Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs					\$84 member /\$126 non-member
76_FW_1319_31_103019_YHL	5:30 pm to 6:00 pm Class meets 7 times	Personal and GT Studio	Peter		
Kettlebells/TRX Fusion Beginner - 30 min: 15+ yrs					\$84 member /\$126 non-member
76_FW_1316_30_103019_YHL	6:30 pm to 7:00 pm Class meets 7 times	Personal and GT Studio	Peter		

REGISTRATION BEGINS SEPTEMBER 24, 2019

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.

Classes starting Thursday, October 31

TRX Suspension Trainer Intermediate - 60 min: 15+ yrs				\$120 member /\$156 non-member
76_FW_1312_40_103119_YHL	7:00 am to 8:00 am Class meets 6 times	Personal and GT Studi	Annie	
TRX Suspension Trainer Intermediate - 30 min: 15+ yrs				\$72 member /\$108 non-member
76_FW_1310_40_103119_YHL	8:00 am to 8:30 am Class meets 6 times	Personal and GT Studi	Annie	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member /\$156 non-member
76_FW_1326_40_103119_YHL	9:00 am to 10:00 am Class meets 6 times	Personal and GT Studi	Annie	

Classes starting Friday, November 1

Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
76_FW_1326_50_110119_YHL	8:00 am to 9:00 am Class meets 7 times	Personal and GT Sudic	Barb	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
76_FW_1326_51_110119_YHL	11:00 am to 12:00 pm Class meets 7 times	Personal and GT Studio	Barb	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
76_FW_1326_52_110119_YHL	2:00 pm to 3:00 pm Class meets 7 times	Personal and GT Studio	Annie	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
76_FW_1326_53_110119_YHL	5:00 pm to 6:00 pm Class meets 7 times	Personal and GT Studio	Annie	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$140 member /\$182 non-member
76_FW_1326_54_110119_YHL	6:00 pm to 7:00 pm Class meets 7 times			

Class Descriptions

Circuit Works - 60 min	Condition your whole body with this electrifying workout designed to build strength and muscular endurance. A variety of circuits prevent boredom and engage all major muscle groups. All fitness levels are welcome—class lets you work at the pace and intensity you choose.
Kettlebells/TRX Fusion Beginner - 30 min	A kettlebell is a traditional Russian cast-iron weight that looks like a cannonball with a handle. A TRX suspension trainer is a tool made of straps that uses your body weight. This total-body class combines the best of kettlebells and TRX for a highly effective and powerful workout. It's perfect if you're on the fast track to reach your health and fitness goals.
Kettlebells/TRX Fusion Intermediate - 30 min	If you already know beginning kettlebells and TRX moves, this total-body class pumps up the power. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.
Pilates Reformer Group Class - 30 min	Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.
Pilates Reformer Group Class - 60 min	Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.
TRX Suspension Trainer Intermediate - 30 min	If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.

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**TRX Suspension Trainer Intermediate -
60 min**

If you already know beginning TRX moves, this total-body class takes toning your upper body, lower body and core to the next level, using your bodyweight.

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