



Forest Lake YMCA Group Training Schedule

Late Spring 2019 - Classes starting between April 15 and June 2

(651) 259-2133

www.ymcamn.org/forestlake

www.facebook.com/ymcaforestlake

BUILDING HOURS		KIDS STUFF HOURS	
Monday-Friday:	M-Th 5:00am-10:00pm, F 5:00am-9:00pm	Monday-Friday:	M-Th 8:30am-8:00pm, F 8:30am-7:00pm
Saturday:	6:00am-8:00pm	Saturday:	8:00am-2:00pm
Sunday:	6:00am-8:00pm	Sunday:	8:00am-1:00pm, 4:00pm-8:00pm

Classes starting Monday, April 15

Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member /\$156 non-member
38_FW_1326_10_041519_YHL	5:10 am to 6:10 am Class meets 6 times	Forest Lake	Heidi	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member /\$156 non-member
38_FW_1326_11_041519_YHL	9:00 am to 10:00 am Class meets 6 times	Forest Lake	Heidi	
Performance Reformer - 45 min: 15+ yrs				\$96 member /\$132 non-member
38_FW_1231_10_041519_YHL	10:45 am to 11:30 am Class meets 6 times	Forest Lake	Heidi	
Strength Training for Seniors - 45 min: 55+ yrs				\$60 member /\$72 non-member
38_FW_1306_10_041519_YHL	11:45 am to 12:30 pm Class meets 6 times	Forest Lake	Robin	
Pilates Reformer Group Class - 60 min: 15+ yrs				\$120 member /\$156 non-member
38_FW_1326_12_041519_YHL	5:00 pm to 6:00 pm Class meets 6 times	Forest Lake	Heidi	
Circuit Works - 45 min: 18+ yrs				\$96 member /\$132 non-member
38_FW_1224_10_041519_YHL	6:00 pm to 6:45 pm Class meets 6 times	Forest Lake	Heidi	

Classes starting Tuesday, April 16

Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
38_FW_1339_20_041619_YHL	8:00 am to 8:45 am Class meets 7 times	Forest Lake	Heidi	
Circuit Works - 45 min: 18+ yrs				\$112 member /\$154 non-member
38_FW_1224_20_041619_YHL	9:30 am to 10:15 am Class meets 7 times	Forest Lake	Heidi	
Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
38_FW_1339_21_041619_YHL	10:15 am to 11:00 am Class meets 7 times	Forest Lake	Heidi	

Classes starting Wednesday, April 17

Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
38_FW_1339_30_041719_YHL	8:45 am to 9:30 am Class meets 7 times	Forest Lake	Heidi	
Pilates Reformer Group Class - 45 min: 15+ yrs				\$112 member /\$154 non-member
38_FW_1339_31_041719_YHL	9:30 am to 10:15 am Class meets 7 times	Forest Lake	Heidi	
Tread and Shed - 60 min: 15+ yrs				\$112 member /\$154 non-member
38_FW_1189_30_041719_YHL	9:30 am to 10:30 am Class meets 7 times	Forest Lake	Rob	

REGISTRATION BEGINS MARCH 12, 2019

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

Pilates Reformer Group Class - 60 min: 15+ yrs 38_FW_1326_30_041719_YHL	10:15 am to 11:15 am Class meets 7 times	Forest Lake	Heidi	\$140 member /\$182 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 38_FW_1326_31_041719_YHL	5:00 pm to 6:00 pm Class meets 7 times	Forest Lake	Heidi	\$140 member /\$182 non-member
Circuit Works - 60 min: 18+ yrs 38_FW_1186_30_041719_YHL	5:30 pm to 6:30 pm Class meets 7 times	Forest Lake	Adrielle	\$140 member /\$182 non-member
Tread and Shed - 60 min: 15+ yrs 38_FW_1189_31_041719_YHL	6:30 pm to 7:30 pm Class meets 7 times	Forest Lake	Rob	\$112 member /\$154 non-member

Classes starting Thursday, April 18

Pilates Reformer Group Class - 45 min: 15+ yrs 38_FW_1339_40_041819_YHL	8:00 am to 8:45 am Class meets 7 times	Forest Lake	Heidi	\$112 member /\$154 non-member
Muscle Stretch and Release - 45 min: 16+ yrs 38_FW_1340_40_041819_YHL	9:00 am to 9:45 am Class meets 7 times	Forest Lake	Rob	\$112 member /\$154 non-member
Circuit Works - 45 min: 18+ yrs 38_FW_1224_40_041819_YHL	9:30 am to 10:15 am Class meets 7 times	Forest Lake	Heidi	\$112 member /\$154 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 38_FW_1326_40_041819_YHL	10:15 am to 11:15 am Class meets 7 times	Forest Lake	Heidi	\$140 member /\$182 non-member
Pilates Reformer Group Class - 45 min: 15+ yrs 38_FW_1339_41_041819_YHL	12:00 pm to 12:45 pm Class meets 7 times	Forest Lake	Heidi	\$112 member /\$154 non-member
Pilates Reformer Group Class - 60 min: 15+ yrs 38_FW_1326_41_041819_YHL	6:30 pm to 7:30 pm Class meets 7 times	Forest Lake	Rob	\$140 member /\$182 non-member

Classes starting Friday, April 19

Pilates Reformer Group Class - 45 min: 15+ yrs 38_FW_1339_50_041919_YHL	9:30 am to 10:15 am Class meets 7 times	Forest Lake	Heidi	\$112 member /\$154 non-member
WAVE Yoga - 45 min: 14+ yrs 38_FW_1358_50_041919_YHL	10:00 am to 10:45 am Class meets 7 times	Forest Lake	Erin	\$112 member /\$154 non-member

Class Descriptions

Circuit Works - 45 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.
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Muscle Stretch and Release - 45 min	Come to this class for assisted stretching and foam rolling, which provides myofascial release—all with guidance from an experienced Personal Trainer.

Performance Reformer - 45 min	Enjoy exercises on the Pilates reformer. Class works at a fluid pace with challenging combinations—perfect for athletes and experienced reformer students. 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 - 45 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.
Strength Training for Seniors - 45 min	Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and stronger bones.
Tread and Shed - 60 min	High-intensity training is the most proven way to bust through plateaus and ruts. Class includes exciting treadmill drills interchanged with dynamic strength circuits. If you're at a point you're ready to put the work in to get the changes you want, this is the class for you.
WAVE Yoga - 45 min	Work out on stand-up paddleboards specially designed for the pool. Experience yoga sequences and other dynamic exercises on the board while demonstrating balance, coordination and strength.