



**SMALL GROUP  
TRAINING**



**TEAM  
TRAINING**



**PRIME TIME  
FITNESS**

## YWCA Midtown Summer Pay Class Schedule August 6 - September 16, 2018

| Monday<br><i>(no classes 9/3)</i>                                     | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|--|---|
| <b>CompuTrainer</b><br>8:00 - 9:15 am<br>(CS) Sookie L.               | <b>Boot Camp</b><br>6:00 - 6:55 am<br>(MSC) Ryan W.                        | <b>Kettlebell: Intermediate</b><br>6:00 - 6:55 am<br>(GTS) Yolanda W. | <b>Boot Camp</b><br>6:00 - 6:55 am<br>(MSC) Andrew H.     | <b>Kettlebell: Intermediate</b><br>6:00 - 6:55 am<br>(GTS) Yolanda W.      | <b>Kettlebell: Calisthenics Fusion</b><br>10:00 - 10:55 am<br>(GTS) Ryan W. |
| <b>Prime Time B.A.S.E.</b><br>11:30 am - 12:25 pm<br>(GTS) Maureen P. | <b>Couch to 5k</b><br>6:30 - 7:25 am<br>(MT Track) Sookie L.               | <b>Prime Time Circuit</b><br>4:00 - 4:55 pm<br>(A) Theresa C.         | <b>HIIT: TRX</b><br>9:00 - 9:30 am<br>(GTS) Laurie G.     | <b>Boot Camp: Variety</b><br>9:30 - 10:25 am<br>(GTS) Andrew H.            |   |
| <b>HIIT: TRX</b><br>12:00 - 12:30 pm<br>(GTS) Laurie G.               | <b>Prime Time Strength &amp; Form</b><br>12:30 - 1:25 pm<br>(A) Maureen P. | <b>Kettlebell: Beginners</b><br>6:00 - 6:55 pm<br>(GTS) Yolanda W.    | <b>CompuTrainer</b><br>12:00 - 1:15 pm<br>(CS) Laurie G.  | <b>Prime Time Strength &amp; Form</b><br>9:45 - 10:40 am<br>(G) Theresa C. |   |
| <b>Prime Time Circuit</b><br>4:00 - 4:55 pm<br>(A) Theresa C.         |  | <b>CompuTrainer</b><br>6:30 - 7:45 pm<br>(CS) Laurie G.               | <b>Pilates Halo®</b><br>12:30 - 1:25 pm<br>(A) Bethann B. |  |   |
| <b>Kettlebell: Intermediate</b><br>6:00 - 6:55 pm<br>(GTS) Yolanda W. |  |   |   |  |   |

Locations: (A) = Studio A, (B) = Studio B, (CS) = Cycle Studio, (FF) = Fitness Floor, (GTS) = Group Training Studio, (MSC) = Minneapolis Sports Center  
Classes and schedules are subject to change. Please search class schedules online at [ywcampsl.org/schedules](http://ywcampsl.org/schedules) for the most up-to-date information.

**Small Group Training and Team Training Coordinator: Andrew Hossalla, 612-215-4341, [ahossalla@ywcampsl.org](mailto:ahossalla@ywcampsl.org)**

**Prime Time Fitness Coordinator: Kelli Klein, 612-215-4330, [kklein@ywcampsl.org](mailto:kklein@ywcampsl.org)**

## Small Group Training

Workout with a personal trainer for a fraction of the cost in our Small Group Training classes. Classes are led by certified personal trainers or yoga instructors who individually guide you to get the most out of your workout!

### Program Pass Options

#### Small Group Training Pass

Single class drop-in: \$15  
6-class pass: \$84  
12-class pass: \$168

#### Hot Yoga/BODYFLOW™ Pass

Single class drop-in: \$12  
6-class pass: \$54  
12-class pass: \$108

#### HIIT Program Pass

Single class drop-in: \$11  
6-class pass: \$60  
12-class pass: \$120

Nonmembers pay additional 20%

Purchase program passes at the Member Services Desk or at [ywcampsls.org/pass](http://ywcampsls.org/pass)

Learn more at [ywcampsls.org/smallgroup](http://ywcampsls.org/smallgroup)

## Team Training

Take your workouts to the next level and reach your fitness goals with our 6-week Team Training program. These classes are fee-based and require registration. Drop-in participation is not permitted as curriculum is progressive, building on the previous week's workout.

### Session Dates

**Fall A:** Sept. 17 - Oct. 28

**Fall B:** Oct. 29 - Dec. 9

### Early Bird Registration

Fall registration opens August 27.

Register for Fall Session A or B by Sept. 16 and get 5% off. Register online and get another 5% off.

### Special Session Notes

Classes will be canceled and prorated:

- 9/4/2018 (Labor Day)
- 11/22/2018 (Thanksgiving)
- 11/23/2018 (Post Thanksgiving)

### Costs

#### Team Training Classes

6-week session: \$120

#### CompuTrainer Class

6-week session: \$180

*Participants must bring their own bike*

Nonmembers pay additional 20%

Learn more and register at [ywcampsls.org/team](http://ywcampsls.org/team)

## Prime Time Fitness

Increase flexibility, muscular strength, cardiovascular endurance, balance and range of movement with other active older adults. Led by specialty instructors, classes incorporate low-impact moves, easy-to-follow pacing and modifications to create an invigorating total body workout.

### Program Pass Options

Single class drop-in: \$12  
6-class pass: \$54  
12-class pass: \$108

Nonmembers pay additional 20%

Purchase program passes at the Member Services Desk or at [ywcampsls.org/pass](http://ywcampsls.org/pass)

Learn more at [ywcampsls.org/primetime](http://ywcampsls.org/primetime)