



**SMALL GROUP
TRAINING**



**TEAM
TRAINING**



**PRIME TIME
FITNESS**

YWCA Midtown Spring Pay Class Schedule May 14 - June 24, 2018

Monday <i>(no class 5/28)</i>	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance Sports: Recovery 7:00 - 7:30 am (B) Sookie L.	Boot Camp 6:00 - 6:55 am (MSC) Ryan W.	Kettlebell: Intermediate 6:00 - 6:55 am (GTS) Yolanda W.	Boot Camp 6:00 - 6:55 am (MSC) Andrew H.	Kettlebell: Intermediate 6:00 - 6:55 am (GTS) Yolanda W.	NEW! Kettlebell: Calisthenics 10:00 - 10:55 am (GTS) Ryan W.
CompuTrainer 8:00 - 9:15 am (CS) Sookie L.	Couch to 5k 6:30 - 7:25 am (MT Track) Sookie L.	Prime Time Circuit 4:00 - 4:55 pm (A) Theresa C.	HIIT: TRX 9:00 - 9:30 am (GTS) Laurie G.	Boot Camp: Variety 9:30 - 10:25 am (GTS) Andrew H.	
Prime Time B.A.S.E. 11:30 am - 12:25 pm (GTS) Maureen P.	Strength for Endurance Athletes 7:30 - 8:25 am (GTS) Rachael W.	Kettlebell: Beginners 6:00 - 6:55 pm (GTS) Yolanda W.	CompuTrainer 12:00 - 1:15 pm (CS) Laurie G.	Prime Time Strength & Form 9:45 - 10:40 am (G) Theresa C.	
HIIT: TRX 12:00 - 12:30 pm (GTS) Laurie G.	Prime Time Strength & Form 4:00 - 4:55 pm (A) Maureen P.	CompuTrainer 6:30 - 7:45 pm (CS) Laurie G.	Pilates Halo® 12:30 - 1:25 pm (A) Bethann B.	Endurance Sports: Recovery 1:00 - 1:30 pm (B) Rachael W.	
Kettlebell: Intermediate 6:00 - 6:55 pm (GTS) Yolanda W.	Boot Camp: Boxing 5:30 - 6:25 pm (GTS) Ramona V.		Prime Time Circuit 3:00 - 3:55 pm (A) Theresa C.		
			Boot Camp 5:30 - 6:25 pm (GTS) Alvin T.		

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 ywcamps.org/schedules for the most up-to-date information.

Small Group Training and Team Training Coordinator: Andrew Hossalla, 612-215-4341, ahossalla@ywcamps.org

Prime Time Fitness Coordinator: Kelli Klein, 612-215-4330, kklein@ywcamps.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

Learn more at 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

Spring B: Register online and get 5% off

Summer A: June 25 - Aug. 5

Summer B: Aug. 6 - Sep. 16

Summer registration opens June 4.

Register for Summer Session A or B online and get 5% off. Register by June 24 and get another 5% off.

Special Session Notes

Classes will be canceled and prorated:

- 5/28/2018 (Memorial Day)
- 7/4/2018 (Independence Day)
- 9/4/2018 (Labor Day)

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

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

Learn more at ywcampsls.org/primetime