



**FIRST WEEK
OF CLASSES
ARE FREE!**
JAN. 7 - 13
Team Training
NOT included



**SMALL GROUP
TRAINING**



**TEAM
TRAINING**



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**PRIME TIME
FITNESS**

YWCA Midtown Winter Pay Class Schedule January 7 - February 17, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CompuTrainer 8:00 - 9:15 am (CS) 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.	HIIT: Express Stretch 8:00 - 8:30 am (B) Sue M.	Functional Fitness: Tim's Everyday Movements 9:00 - 9:55 am (GTS) Tim Y.
Prime Time B.A.S.E. 11:30 am - 12:25 pm (GTS) Maureen P.	Prime Time Strength & Form 12:30 - 1:25 pm (A) Maureen P.	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.	Boot Camp: Wonder Woman 11:30 am - 12:25 pm (GTS) Sue M.	
HIIT: TRX 12:00 - 12:30 pm (GTS) Laurie G.	Functional Fitness: Train to Feel Good 7:00 - 7:55 pm (GTS) Tim Y.	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.		
Prime Time Circuit 4:00 - 4:55 pm (A) Theresa C.		CompuTrainer 6:30 - 7:45 pm (CS) Laurie G.	Pilates Halo® 12:30 - 1:25 pm (A) Bethann B.			
Kettlebell: Intermediate 6:00 - 6:55 pm (GTS) Yolanda W.			HIIT: TRX 5:00 - 5:30 pm (GTS) Ramona V.			
			Boot Camp: Boxing 5:30 - 6:25 pm (GTS) Sue M.			

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

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

Prime Time Fitness Coordinator: Kelli Klein, 612-215-4330, kklein@ywcampsls.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 ywcamppls.org/pass

Learn more at ywcamppls.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.

Upcoming Session Dates

Winter B: Feb. 18 - Mar. 31
Spring A: Apr. 1 - May 12
Spring B: May 13 - June 23

Early Bird Registration

Spring registration opens Mar. 18. Register for Spring Session A or B by Mar. 31 and get 5% off. Register online and get another 5% off.

Winter Session Notes

There will be no canceled classes.

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 ywcamppls.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 ywcamppls.org/pass

Learn more at ywcamppls.org/primetime