

# Team Training

Fall 2017




Registration Opens Aug. 28

**Fall A:** Sept. 18 - Oct. 29 **Fall B:** Oct. 30 - Dec. 10

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.

**Members:** \$120 per session  
**Nonmembers:** \$144 per session

**EARLY BIRD REGISTRATION:**

Register for Fall Session A or B by Sept. 17 and get 5% off. Register online and get another 5% off. 

**SPECIAL SESSION NOTES:**

Classes on Nov. 23 and Nov. 24 have been cancelled and prorated for the Thanksgiving holiday. Classes and schedules are subject to change.

Please search class schedules online at [ywcamppls.org/schedules](http://ywcamppls.org/schedules) for the most up-to-date information.

## Uptown

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Team Pilates</b> 7:00 - 7:55 am (P) Tresa S.	<b>Team Pilates</b> 7:00 - 7:55 am (P) Tresa S.		
		<b>Mission for Good Nutrition</b> 6:00 - 6:55 pm (CR) Dillon A.		

Locations: (C) = Studio C, (L) = Lobby, (G) = Gym, (P) = Pilates Studio, (CR) = Community Room, (FF) = Fitness Floor, (A) = Studio A  
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Whether you are looking to increase strength, lose body fat, intensify your workouts or train with a like-minded group of focused individuals, the YWCA's **Team Training** program is designed to help you break through your personal fitness boundaries and is guaranteed to leave you feeling accomplished, strong, and powerful.



## Mission for Good Nutrition

This 6-week course will teach members how to manage a healthy diet while still being able to enjoy the foods they love! Each week will build off the previous one with in depth coverage of what the makeup of a good diet looks like. There will be a 20-minute nutrition lesson and 10 minutes for questions/weekly challenge announcement. A 30-minute high-intensity workout will end the class to get a good workout to put that nutrition to use! If you need a kick-start to get your nutrition in gear, then it all starts here!



## Team Pilates

Pilates is a great way to achieve optimal strength, flexibility and endurance without adding bulk or stressing your joints. Our certified Pilates trainers emphasize neutral spine and neutral pelvic alignment as they relate to core stability, providing a non-impact workout that is beneficial for all fitness levels.