

Team Training

Winter 2018



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.

TEAM TRAINING SESSION COST

Members: \$120
Nonmembers: \$144

COMPUTRAINER SESSION COST

Members: \$180
Nonmembers: \$216
**Participants must bring their own bike*

WINTER B REGISTRATION:

Register online and get 5% off.

SPECIAL SESSION NOTES:

There are no class cancellations.

Classes and schedules are subject to change. Please search class schedules online at ywcamppls.org/schedules for the most up-to-date information.

Sign up Today! Registration Now Open

Winter B: Feb. 19 - Apr. 1

Midtown

Monday	Tuesday	Wednesday	Thursday	Friday
CompuTrainer 8:00 - 9:15 am (CS) Sookie L.	Couch to 5k 6:30 - 7:25 am (MT Track) Sookie L.	CompuTrainer 6:30 - 7:45 pm (CS) Laurie G.	CompuTrainer 12:00 - 1:15 pm (CS) Laurie G.	

Locations: (C) = Studio C, (CS) = Cycle Studio, (FD) = Fitness Desk, (FF) = Fitness Floor, (GTS) = Group Training Studio, (MSC) = Minneapolis Sports Center
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Uptown

Monday	Tuesday	Wednesday	Thursday	Friday
	Team Pilates 7:00 - 7:55 am (P) Tresa S.	Team Pilates 7:00 - 7:55 am (P) Tresa S.	Team Knockout 7:00 - 7:55 pm (G) Tony M.	

Locations: (A) = Studio A, (C) = Studio C, (CR) = Community Room, (FF) = Fitness Floor, (G) = Gym, (L) = Lobby, (P) = Pilates Studio
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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.



CompuTrainer

Experience great workouts on your own bike without stoplights, construction, or traffic. This indoor training option is great all year long. Bring and attach your own bike to equipment that will automatically adjust power demands to take you to a new level of cycling fitness.



Couch to 5k

This is a distance achievable for anyone! 5k races (3.1 miles) have exploded in popularity. This class is for the true beginners or those who are re-starting your training after an injury. We will utilize a walk/run ratio to progressively build your running endurance. NOW is the time to join your friends and get ready for one of these races.



Team Knockout

Do you want to increase cardio efficiency, tone and strengthen your muscles, and burn max calories? D'uh! In this class you will practice kicking, punching, and a whole lot of movement paired with upper body, lower body, and core strengthening exercises to sculpt the perfect boxer's physique. After a quick warm-up you will pair up with one of your classmates for multiple 3 minute rounds of boxing combinations followed by group strength exercises and a relaxing cool down. This class is perfect for anyone looking to push themselves both mentally and physically. No previous boxing experience necessary.



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.