

# Team Training

Summer 2017



Registration Opens June 1

**Summer A:** June 26 - Aug. 6    **Summer B:** Aug. 7 - Sept. 17

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

**SUMMER A REGISTRATION:**  
 Register for Summer Session A or B by June 25 and get 5% off. Register online and get another 5% off.

**SPECIAL SESSION NOTES:**  
 Classes will be cancelled and prorated on:  
 7/4/2017 (Independence Day)  
 9/4/2017 (Labor Day)

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

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**ywca** 125  
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[ywcamppls.org](http://ywcamppls.org)



## 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>Total Body Boxing</b> 7:00 - 7:55 pm (G) Tony M.	

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

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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.



## Team Knockout

This full body workout incorporates drills to build speed, strength, and endurance. Learn proper technique as you progress into more intense workouts each week and sculpt the perfect boxer's physique.



## 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.



## Team Essential Reformer

This beginner class is open to all fitness levels. The Reformer format provides finely tuned resistance and allows one to develop long, lean overall muscle tone, core strength, balance, correct body alignment and a mind-body connection. For safety reasons, if you are new to Pilates we strongly recommend you begin your training with a private session or be cleared by one of our certified instructors before attending.



## Team YWeight Loss

This program combines nutritional advice and a personalized training program to help you achieve your weight management goals. Your coach will help hold you accountable and provide you with the motivation you need to be successful in your weight loss journey.