



FIRST WEEK  
OF CLASSES  
ARE **FREE!**  
JUNE 25 - JULY 1



**SMALL GROUP  
TRAINING**



**TEAM  
TRAINING**

## YWCA Uptown Summer Pay Class Schedule June 25 - August 5, 2018

Monday	Tuesday	Wednesday <i>(no class 7/4)</i>	Thursday	Friday	Saturday	Sunday
<b>Silver Strength &amp; Fitness</b> 8:30 - 9:25 am (G) Bonnie O.	<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>Silver Strength &amp; Fitness</b> 8:30 - 9:25 am (G) Bonnie O.	<b>Boot Camp: Super Woman</b> 6:15 - 7:10 am (A) Joy C.	<b>Corrective Exercise</b> 8:00 - 8:55 am (A) Mary S.	<b>BODYFLOW™</b> 10:30 - 11:30 am (C) Diana P./Pat M.
	<b>Hot Hatha Yoga</b> 8:00 - 8:55 am (C) Jenna N.	<b>NEW! Corrective Exercise</b> 10:00 - 10:55 am (A) Mary S.	<b>Gladiator</b> 6:00 - 6:55 pm (G) Mary S.	<b>BODYFLOW™</b> 12:00 - 1:00 pm (C) Pat M.	<b>Boot Camp: Basics</b> 11:15 am - 12:10 pm (G) Mary S.	
	<b>Kettlebell: TRX Fusion</b> 6:00 - 6:55 pm (FF) Mary S.		<b>TRX: Body Blast</b> 7:00 - 7:55 pm (FF) Mary S.			
	<b>BODYFLOW™</b> 6:00 - 7:00 pm (C) Kevin H.		<b>BODYFLOW™</b> 7:00 - 8:00 pm (C) Kevin H.			

Locations: (A) = Studio A, (C) = Studio C, (FF) = Fitness Floor, (G) = Gym, (P) = Pilates Studio  
 Classes and schedules are subject to change. Please search class schedules online at [ywcampsls.org/schedules](http://ywcampsls.org/schedules) for the most up-to-date information.  
**Small Group Training and Team Training Coordinator: Chloe Shovein, 612-215-4208, [cshovein@ywcampsls.org](mailto:cshovein@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](http://ywcamppls.org/pass)

Learn more at [ywcamppls.org/smallgroup](http://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.

### Session Dates

**Summer A:** June 25 - Aug. 5

**Summer B:** Aug. 6 - Sep. 16

### Early Bird Registration



Summer registration opens June 4. Register for Summer Session A or B by June 24 and get 5% off. Register online and get another 5% off.

### Special Session Notes

Classes will be canceled and prorated:

- 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 [ywcamppls.org/team](http://ywcamppls.org/team)

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**ywca**

Minneapolis