# YWCA Midtown Winter Pay Class Schedule
## January 6 - February 16, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>HIIT: TRX 12:00 - 12:30 pm <em>(GTS)</em> Laurie G.</td>
<td>Strength &amp; Conditioning 6:00 - 6:55 am <em>(MSC)</em> Clint C.</td>
<td>Kettlebell: Intermediate 6:00 - 6:55 am <em>(GTS)</em> Yolanda W.</td>
<td>HIIT: TRX 9:00 - 9:30 am <em>(GTS)</em> Laurie G.</td>
<td>Prime Time Strength &amp; Form 9:45 - 10:40 am *(G) Theresa C.</td>
<td>Fit Boost 9:00 - 9:55 am <em>(GTS)</em> Sue M.</td>
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<td>Prime Time B.A.S.E. 2:30 - 3:25 pm <em>(GTS)</em> Maureen P.</td>
<td>Couch to 5k 9:00 - 9:55 am <em>(MSC)</em> Nick L.</td>
<td>Prime Time Circuit 9:30 - 10:25 pm *(G) Theresa C.</td>
<td>Prime Time Pilates Halo® 12:30 - 1:25 pm *(A) Bethann B.</td>
<td>Weightlifting for Beginners 10:30 - 11:25 am *(GTS) Sierra F.</td>
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<td>Prime Time Circuit 4:00 - 4:55 pm *(G) Theresa C.</td>
<td>Prime Time Strength &amp; Form 2:30 - 3:25 pm *(A) Maureen P.</td>
<td>Prime Time Circuit 4:00 - 4:55 pm *(A) Theresa C.</td>
<td>HIIT: Kettlebell Intermediate 6:15 - 6:45 pm *(GTS) Yolanda W.</td>
<td>Coach to 5k 9:00 - 9:55 am *(GTS) Sue M.</td>
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<td>Kettlebell: Intermediate 6:00 - 6:55 pm *(GTS) Yolanda W.</td>
<td>Team Transfemme/Women Strength Training 6:00 - 6:55 pm *(GTS) Yolanda W.</td>
<td>Team Kettlebell: Beginners 6:00 - 6:55 pm *(GTS) Yolanda W.</td>
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<td>Boot Camp: Wonder Woman 11:30 am - 12:25 pm *(GTS) Sue M.</td>
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**Locations:** *(A) = Studio A, (B) = Studio B, (CS) = Cycle Studio, (FF) = Fitness Floor, (G) = Gym, (GTS) = Group Training Studio, (MSC) = Minneapolis Sports Center*

Class descriptions and updates are available on the Schedules app or online at [ywcampls.org/schedules](http://ywcampls.org/schedules). Classes and schedules are subject to change.

**Small Group Training and Team Training Coordinator:** Clint Connealy, 612-215-4341, cconnealy@ywcampls.org

**Prime Time Fitness Coordinator:** Kelli Klein, 612-215-4330, kklein@ywcampls.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 passes allow you to attend any Small Group Training, HIIT, Hot Yoga or BODYFLOW™ class of your choice. Passes expire 90-days from date of purchase.

Program Pass Options

Single class drop-in: $15
6-class pass: $72

Nonmembers pay an additional 25% administration fee

Purchase program passes at the Member Services Desk or at ywcampls.org/pass

Learn more at ywcampls.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. 17 - Mar. 29, 2020
Spring A: Mar. 30 - May 10, 2020
Spring B: May 11 - Jun. 21, 2020

Early Bird Registration

Winter registration opens Monday, Dec. 23. Register for Winter Session A or B by Sunday, Jan. 5 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

Nonmembers pay an additional 25% administration fee

Learn more and register at ywcampls.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.

Prime Time program passes allow you to attend any Prime Time class of your choice. Passes expire 90-days from date of purchase.

Program Pass Options

Single class drop-in: $12
6-class pass: $54

Nonmembers pay an additional 25% administration fee

Purchase program passes at the Member Services Desk or at ywcampls.org/pass

Learn more at ywcampls.org/primetime

Learn more and register at ywcampls.org/team