## YWCA Downtown
Winter Pay Class Schedule
February 17 - March 29, 2020

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<th>Monday</th>
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</table>
| **HIIT: Run & Strength**  
12:15 - 12:45 pm  
(FF) Emma V. |            | **Gladiator**  
5:30 - 6:25 pm  
(G) Emma V. |            | **Boot Camp**  
12:15 - 1:10 pm  
(ATR) Andrew H. |
| **Women’s Weight Lifting**  
4:00 - 4:55 pm  
(ATR) Emma V. |            |            |            |                          |

Locations: (ATR) = Atrium, (FF) = Fitness Floor, (G) = Gym

Class descriptions and updates are available on the Schedules app or online at ywcampls.org/schedules. Classes and schedules are subject to change.

Small Group Training Coordinator: Andrew Hossalla, 612-215-4163, ahossalla@ywcampls.org
# YWCA Midtown Winter Pay Class Schedule
February 17 - March 29, 2020

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<tbody>
<tr>
<td>HIIT: TRX 12:00 - 12:30 pm (GTS) Laurie G.</td>
<td>Strength &amp; Conditioning 6:00 - 6:55 am (MSC) Clint C.</td>
<td>Kettlebell Intermediate 6:00 - 6:55 am (GTS) Yolanda W.</td>
<td>Strength &amp; Conditioning 6:00 - 6:55 am (MSC) Clint C.</td>
<td>Prime Time Strength &amp; Form 9:45 - 10:40 am (G) Theresa C.</td>
<td>Fit Boost 9:00 - 9:55 am (GTS) Sue M.</td>
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<tr>
<td>Prime Time B.A.S.E. 2:30 - 3:25 pm (GTS) Maureen P.</td>
<td>Prime Time Strength &amp; Form 2:30 - 3:25 pm (A) Maureen P.</td>
<td>Prime Time Circuit 9:30 - 10:25 pm (G) Theresa C.</td>
<td>HIIT: TRX 9:00 - 9:30 am (GTS) Laurie G.</td>
<td>Weightlifting for Beginners 10:30 - 11:25 am (GTS) Sierra F.</td>
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<tr>
<td>Prime Time Circuit 4:00 - 4:55 pm (G) Theresa C.</td>
<td>Team Transfemme/Women Strength Training 6:00 - 6:55 pm (GTS) Yolanda W.</td>
<td>Prime Time Circuit 4:00 - 4:55 pm (A) Theresa C.</td>
<td>Prime Time Pilates Halo® 12:30 - 1:25 pm (A) Bethann B.</td>
<td>Boot Camp: Wonder Woman 11:30 am - 12:25 pm (GTS) Sue M.</td>
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<tr>
<td>Kettlebell Intermediate 6:00 - 6:55 pm (GTS) Yolanda W.</td>
<td>Team Kettlebell: Beginners 6:00 - 6:55 pm (GTS) Yolanda W.</td>
<td>HIIT: Kettlebell Intermediate 6:15 - 6:45 pm (GTS) Yolanda W.</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. 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
### YWCA Uptown
**Winter Pay Class Schedule**
**February 17 - March 29, 2020**

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<tr>
<td>Silver Strength &amp; Fitness 8:30 - 9:25 am</td>
<td>Experienced Pilates Reformer 7:00 - 7:55 am (P) Tresa S.</td>
<td>Experienced Pilates Reformer 7:00 - 7:55 am (P) Tresa S.</td>
<td>Silver Strength &amp; Fitness 8:30 - 9:25 am (G) Emma V.</td>
<td>NEW! Hot Yoga 7:30 - 8:30 am (C) Travis B.</td>
<td>Hot Yoga Chisel 10:00 - 11:00 am (C) Haley T.</td>
<td>BODYFLOW™ 10:30 - 11:30 am (C) Diana P / Pat M.</td>
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<tr>
<td><strong>NEW!</strong> BODYFLOW™ 10:00 - 11:00 am (C) Pat M.</td>
<td>Hot Yoga 7:30 - 8:30 am (C) Jenna N.</td>
<td>Silver Stability 10:00 - 10:45 am (CR) Will M.</td>
<td><strong>BODYFLOW™</strong> 10:30 - 11:30 am (C) Peggy W.</td>
<td>Yoga Workshop 12:00 - 1:30 pm (C) Instructor Varies Last Saturday of the month Details on back</td>
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<tr>
<td><strong>TRX:</strong> Kettlebell Fusion 5:30 - 6:25 pm (FF) Nate K.</td>
<td>Beginner Pilates Reformer 8:00 - 8:55 am (P) Tresa S.</td>
<td><strong>BODYFLOW™</strong> 10:00 - 11:00 am (C) Diana P.</td>
<td><strong>HIIT:</strong> Run and Strength 12:00 - 12:30 pm (FF) Emma V.</td>
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<tr>
<td>Hot Yoga Chisel 6:00 - 7:00 pm (C) Natalie P.</td>
<td><strong>BODYFLOW™</strong> 6:00 - 7:00 pm (C) Kevin H.</td>
<td>Hot Yoga Chisel 5:30 - 6:30 pm (C) Haley T.</td>
<td><strong>NEW!</strong> Boot Camp 6:15 - 7:10 pm (G) Tim Y.</td>
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<tr>
<td>Boot Camp 6:45 - 7:40 pm (G) Nate K.</td>
<td><strong>TRX:</strong> Total Body Strength &amp; Stretch 5:30 - 6:30 pm (FF) Will M.</td>
<td>BODYFLOW™ 7:00 - 8:00 pm (C) Kevin H.</td>
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**Locations:** (A) = Studio A, (C) = Studio C, (CR) = Community Room, (FF) = Fitness Floor, (G) = Gym, (P) = Pilates Studio

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: Nate Kubik, 612-215-4208, nkubik@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.

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.

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/smallgroup

Upcoming Session Dates

Spring A: Mar. 30 - May 10
Spring B: May 11 - Jun. 21
Summer A: Jun. 22 - Aug. 2

Early Bird Registration

Spring registration opens Monday, Mar. 16. Register for Spring Session A or B by Sunday, Mar. 29 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

Yoga Workshops

Hone your yoga practice in a dedicated and focused environment with YWCA's Yoga Workshop Series. These specialized training sessions will help you learn more about specific postures with a focus on anatomy, alignment and benefits to your physical body.

Feb. 29: Triangle and Pyramid
12:00 - 1:30 pm
Instructor: Jenna A.

Ever wonder what it means to “lengthen your side body?” Learn to maximize the full body benefits of straight-leg standing poses in this workshop featuring triangle (trikonasana) and pyramid (parsvottanasana) poses.

Following a vinyasa warmup, yogis will dive deep into pose alignment with props and personalized adjustments. You will gain a deeper understanding of pose-related anatomy and the many health benefits of these foundational poses! All levels welcome.

Mar. 28: Inversions
12:00 - 1:30 pm
Instructor: Ahndi F.

Have you ever wanted to practice going upside down in a safe space? We’ll share strength-building exercises and you’ll hone techniques to invert to supported headstand or tripod headstand and have plenty of time to play around! This class is for those who have a strong, regular yoga practice and no injuries.

Pre-Registration:
Members: $30,
Nonmembers: $37.50

Day-of Registration:
Members: $35,
Nonmembers: $43.75

Register at Member Services Desk or ywcampls.org/events