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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 12:30 pm</td>
<td>6:00 - 6:55 am</td>
<td>6:00 - 6:55 am</td>
<td>6:00 - 6:55 am</td>
<td>9:00 - 9:55 am</td>
<td>9:00 - 9:30 am</td>
</tr>
<tr>
<td>(GTS) Laurie G.</td>
<td>(MSC) Clint C.</td>
<td>(GTS) Yolanda W.</td>
<td>(MSC) Clint C.</td>
<td>(GTS) Therese C.</td>
<td>(GTS) Sue M.</td>
</tr>
</tbody>
</table>

| Prime Time B.A.S.E.   | Prime Time Strength & Form | Prime Time Circuit | HIIT: TRX              | Fit Boost                | Weightlifting for Beginners |
| 2:30 - 3:25 pm        | 2:30 - 3:25 pm          | 9:30 - 10:25 pm    | 9:00 - 9:30 am       | 9:00 - 9:55 am           | 10:30 - 11:25 am          |
| (GTS) Maureen P.      | (A) Maureen P.         | (G) Therese C.     | (GTS) Laurie G.      | (GTS) Sue M.             | (GTS) Sierra F.          |

| Prime Time Circuit    | Team Transfemme/ Women Strength Training | Prime Time Circuit | Prime Time Pilates Halo® | Boot Camp: Wonder Woman |
| 4:00 - 4:55 pm        | 6:00 - 6:55 pm          | 4:00 - 4:55 pm     | 12:30 - 1:25 pm        | 11:30 am - 12:25 pm     |
| (G) Theresa C.        | (GTS) Yolanda W.        | (A) Theresa C.     | (A) Bethann B.         | (GTS) Sue M.            |

| Kettlebell: Intermediate | Team Kettlebell: Beginners | HiIT: Kettlebell Intermediate |
| 6:00 - 6:55 pm          | 6:00 - 6:55 pm            | 6:15 - 6:45 pm         |
| (GTS) Yolanda W.        | (GTS) Yolanda W.          | (GTS) Yolanda W.       |

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
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.

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

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.

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

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