



# Ridgedale YMCA Group Training Schedule

Early Fall 2019 - Classes starting between September 9 and October 27

(952) 544-7708

[ymcamn.org/ridgedale](http://ymcamn.org/ridgedale)

[www.facebook.com/ridgedaleyymca](http://www.facebook.com/ridgedaleyymca)

## BUILDING HOURS

Monday-Friday: M-Th 5:00am-10:00pm, F 5:00am-9:00pm  
Saturday: 6:00am-8:00pm  
Sunday: 6:00am-8:00pm

## KIDS STUFF HOURS

Monday-Friday: M-Th 8:00am-8:00pm, F 8:00am-7:00pm  
Saturday: 8:00am-1:00pm  
Sunday: 8:00am-1:00pm

### Classes starting Monday, September 9

<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_10_090919_YHL	8:00 am to 9:00 am Class meets 7 times	Reformer Studio	Renee K	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_11_090919_YHL	9:05 am to 10:05 am Class meets 7 times	Reformer Studio	Renee K	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_12_090919_YHL	10:10 am to 11:10 am Class meets 7 times	Reformer Studio	Renee K	
<b>Women on Weights -45 min: 18+ yrs</b>				\$112 member /\$154 non-member
22_FW_1302_10_090919_YHL	5:30 pm to 6:15 pm Class meets 7 times	Fitness Center	Bayley	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_13_090919_YHL	6:30 pm to 7:30 pm Class meets 7 times	Reformer Studio	Renee K	

### Classes starting Tuesday, September 10

<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_20_091019_YHL	9:00 am to 10:00 am Class meets 7 times	Reformer Studio	Renee K	
<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_21_091019_YHL	10:00 am to 11:00 am Class meets 7 times	Reformer Studio	Renee K	

### Classes starting Wednesday, September 11

<b>Women on Weights -45 min: 18+ yrs</b>				\$112 member /\$154 non-member
22_FW_1302_30_091119_YHL	5:30 pm to 6:15 pm Class meets 7 times	Fitness Center	Bayley	

### Classes starting Friday, September 13

<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_50_091319_YHL	9:00 am to 10:00 am Class meets 7 times	Reformer Room	Kayla S	

### Classes starting Saturday, September 14

<b>Pilates Reformer Group Class - 60 min: 15+ yrs</b>				\$140 member /\$182 non-member
22_FW_1326_60_091419_YHL	10:00 am to 11:00 am Class meets 7 times	Reformer Studio	Kayla S	

REGISTRATION BEGINS AUGUST 13, 2019

Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.

## Class Descriptions

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<b>Pilates Reformer Group Class - 60 min</b>	Condition your entire body with spring-resistance exercises on the Pilates reformer. This class is kind to your joints while strengthening your core, posture and muscular tone. You must complete Pilates Reformer Instruction before joining this class. Contact us or visit Member Services at your local Y to register for this pre-requisite.
<b>Women on Weights -45 min</b>	Work with a certified personal trainer on strength training specifically designed for women. Gain muscular strength and endurance in this highly effective class.

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