



Minnesota Valley YMCA in Burnsville Specialty Group Exercise Classes and Programs Schedule

2012 Spring 1 • February 27 - April 15
(952) 898-9622 Phone • (952) 898-5007 Fax
Register Online at ymcatwincities.org

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
Saturday: 6:00 a.m - 9:00 p.m.
Sunday: 6:00 a.m. - 9:00 p.m.

KIDS STUFF HOURS

Monday-Friday: M-TH 8:00 a.m. - 8:30p.m. F 8:00 a.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 4:00 p.m.
Sunday: 9:0 a.m. - 6:00 p.m.

TIME	CLASS CATEGORY	CLASS	Age Range	Days Offerings	PRODUCT CODE	LOCATION	INSTRUCTOR	Metro Family Dual Members	Program Participant
DAILY, Begins February 27				M T W Th F Sa Su					
	FITNESS SERVICES	FitLinxx® Orientation	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1104_01_022712_YHL				Free
	FITNESS SERVICES	Fitness Center Orientations	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1202_01_022712_YHL				Free
	FITNESS SERVICES	Health and Fitness Assessments	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1201_01_022712_YHL				Free
	FITNESS SERVICES	New Leaf Metabolic Assessment	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1170_01_022712_YHL				PT
	PERSONAL TRAINING	One-on-One Personal Training	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1107_01_022712_YHL				PT
	PILATES	One-on-One Pilates Reformer Training	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1164_01_022712_YHL				S
	PERSONAL TRAINING	One-on-One PT Introductory Package	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1108_01_022712_YHL				PT
	PERSONAL TRAINING	One-on-One Water Personal Training	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1020_01_022712_YHL				PT
	PERSONAL TRAINING	Partner and Small Group Personal Training	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1150_01_022712_YHL				PT
	PILATES	Pilates Reformer Partner Training	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1181_01_022712_YHL				S
	PILATES	Pilates Reformer Training Intro: 60 min	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1167_01_022712_YHL				\$119
	AOA CLASSES	Senior Fitness Assessment	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1206_01_022712_YHL				Free
	FITNESS SERVICES	Strength Training Orientation	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1105_01_022712_YHL				Free
	FITNESS SERVICES	Youth and Teen Orientations	-	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	30_FW_1101_01_022712_YHL				Free

MONDAY, BEGINS February 27 to April 9

M T W Th F Sa Su

9:00 AM to 9:45 AM SPECIALTY GROUP X Get Fit Boot Camp Extreme 15-99 30_FW_1041_10_022712_YHL Sone \$196 \$245

REGISTRATION BEGINS JANUARY 27, 2012
ymcatwincities.org

TIME	CLASS CATEGORY	CLASS	Age Range	Days Offerings	PRODUCT CODE	LOCATION	INSTRUCTOR	Metro Family Dual Members	Program Participant
9:00 AM to 10:00 AM	PILATES	Pilates for Lower Back	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1165_10_022712_YHL		Barb	\$160	\$192
10:00 AM to 10:30 AM	SPECIALTY GROUP X	Kettlebells/TRX Fusion Advanced - 30 minutes	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1322_10_022712_YHL		Sone	\$84	\$126
12:30 PM to 1:30 PM	AOA CLASSES	Strength Training for Seniors: 6 Weeks	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1306_10_022712_YHL		Jim	\$48	\$96
1:00 PM to 1:30 PM	SPECIALTY GROUP X	TRX Suspension Trainer Beginner - 30 minutes	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1307_10_022712_YHL		Sone	\$84	\$126
4:00 PM to 5:00 PM	SPECIALTY GROUP X	Sports Enhancement Training - 60 minutes	9-13	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1338_10_022712_YHL		Riley	\$140	\$182
5:00 PM to 5:45 PM	SPECIALTY GROUP X	Get Fit Boot Camp Extreme	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1041_11_022712_YHL		Sone	\$196	\$245
5:00 PM to 6:00 PM	SPECIALTY GROUP X	Sports Enhancement Training - 60 minutes	9-13	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1338_11_022712_YHL		Riley	\$140	\$182
6:30 PM to 7:15 PM	SPECIALTY GROUP X	Get Fit Boot Camp Extreme	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1041_12_022712_YHL		Sone	\$196	\$245
6:30 PM to 7:30 PM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_10_022712_YHL		Ann	\$140	\$182
TUESDAY, BEGINS February 28 to April 10				M T W Th F Sa Su					
5:15 AM to 6:00 AM	SPECIALTY GROUP X	Get Fit Boot Camp Extreme	15-99	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1041_20_022812_YHL		Sone	\$196	\$245
5:45 AM to 6:15 AM	SPECIALTY GROUP X	TRX Suspension Trainer Intermediate - 30 minutes	15-99	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1310_20_022812_YHL		Jim	\$84	\$126
10:00 AM to 11:00 AM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_20_022812_YHL		Ann	\$140	\$182
3:30 PM to 4:30 PM	SPECIALTY GROUP X	Sports Enhancement Training - 60 minutes	9-13	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1338_20_022812_YHL		Riley	\$140	\$182
6:00 PM to 6:30 PM	SPECIALTY GROUP X	Kettlebells Intermediate - 30 minutes	15-99	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1330_20_022812_YHL		Riley	\$84	\$126
6:00 PM to 7:00 PM	FITNESS SERVICES	Teens in Training	12-15	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1304_20_022812_YHL		staff	\$20	N/A
6:35 PM to 7:05 PM	SPECIALTY GROUP X	TRX Suspension Trainer Intermediate - 30 minutes	15-99	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1310_21_022812_YHL		Sone	\$84	\$126
WEDNESDAY, BEGINS February 29 to April 11				M T W Th F Sa Su					
10:00 AM to 10:30 AM	SPECIALTY GROUP X	Kettlebells Beginner - 30 minutes	15-99	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1327_30_022912_YHL		Shannon	\$84	\$126
4:00 PM to 5:00 PM	SPECIALTY GROUP X	Sports Enhancement Training - 60 minutes	9-13	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1338_30_022912_YHL		Riley	\$140	\$182
5:30 PM to 6:30 PM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_30_022912_YHL		Sone	\$140	\$182

TIME	CLASS CATEGORY	CLASS	Age Range	Days Offerings	PRODUCT CODE	LOCATION	INSTRUCTOR	Metro Family Dual Members	Program Participant
7:30 PM to 8:30 PM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_31_022912_YHL		Melissa	\$140	\$182
THURSDAY, BEGINS March 1 to April 12				M T W Th F Sa Su					
5:30 AM to 6:30 AM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_41_030112_YHL		Melissa	\$140	\$182
10:00 AM to 11:00 AM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1326_40_030112_YHL		Ann	\$140	\$182
4:00 PM to 5:00 PM	SPECIALTY GROUP X	Sports Enhancement Training - 60 minutes	9-13	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1338_40_030112_YHL		Riley	\$140	\$182
6:00 PM to 6:30 PM	SPECIALTY GROUP X	Kettlebells Beginner - 30 minutes	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1327_40_030112_YHL		Riley	\$84	\$126
6:35 PM to 7:05 PM	SPECIALTY GROUP X	Kettlebells/TRX Fusion Advanced - 30 minutes	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1322_40_030112_YHL		Sone	\$84	\$126
FRIDAY, BEGINS March 2 to April 13				M T W Th F Sa Su					
10:00 AM to 10:30 AM	SPECIALTY GROUP X	TRX Suspension Trainer Beginner - 30 minutes	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30_FW_1307_50_030212_YHL		Shalom	\$84	\$126
SATURDAY, BEGINS March 3 - April 14				M T W Th F Sa Su					
8:00 AM to 9:00 AM	SPECIALTY GROUP X	Pilates Reformer Group Class - 60 min	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	30_FW_1326_60_030312_YHL		Ann	\$140	\$182
9:00 AM to 9:30 AM	SPECIALTY GROUP X	TRX Suspension Trainer Beginner - 30 minutes	15-99	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	30_FW_1307_60_030312_YHL		Paul	\$84	\$126