



Fitness Specialty Classes & Programs Schedule

2009 SESSION 6 • November 2 - December 20

Chain of Lakes YMCA • 651-795-9622 PHONE • 651-784-7135 FAX

BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
 Saturday: 7:00 a.m. - 8:00 p.m.
 Sunday: 9:00 a.m. - 8:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:00 p.m.
 Saturday: 9:00 a.m. - 3:00 p.m.
 Sunday: Noon. - 8:00 p.m.

Begin Time	End Time	AM/PM	Class	Class Code	2 Digit ID	Adult, Metro Family & Dual Members Fee	St. Paul Family Member Fee (STPL only)	Program Participants Fee
DAILY OFFERINGS								
FITNESS AND WELLNESS - Fitness Services								
			Adult Fitness Consultation	01102 - 01		Free	Free	M
			Fitness Center Orientations	01202 - 01		Free	Free	M
			Youth and Teen Orientations	01101 - 01		Free	Free	M
			Health and Fitness Assessments	01201 - 01		PT	PT	PT
			Strength Training Orientation	01105 - 01		Free	Free	M
FITNESS AND WELLNESS - Personal Training								
			One-on-One Personal Training	01107 - 01		PT	PT	M
			Partner and Small Group Personal Training	01150 - 01		PT	PT	M
			One-on-One PT Introductory Package	01108 - 01		PT	PT	M
			One-on-One Water Personal Training	01020 - 01		PT	PT	M
			Group Water Personal Training	01021 - 01		PT	PT	M
FITNESS AND WELLNESS - Pilates								
			One-on-One Pilates Reformer Training	01164 - 01		S	S	S
			Pilates Reformer Partner Training	01181 - 01		S	S	S

MONDAY

FITNESS AND WELLNESS - Educational								
12:25	to	12:55	pm	Kettlebells - 30 minute session	01003 - 10	\$70	\$70	\$126
8:05	to	8:35	pm	Kettlebells - 30 minute session	01003 - 11	\$70	\$70	\$126

TUESDAY

FITNESS AND WELLNESS - Pilates								
1:05	to	1:35	pm	Pilates Reformer Group Class	01166 - 20	S	S	S
8:15	to	9:15	pm	Pilates Reformer Group Class	01166 - 21	S	S	S
FITNESS AND WELLNESS - Educational								
12:30	to	1:00	pm	Kettlebells - 30 minute session	01003 - 20	\$70	\$70	\$126

S - See Member Services for Details
 F - Free with one time \$35 registration fee
 M - Members Only
 PT - See Personal Trainer for details

Registration required for most classes.
 Registration begins Friday, October 2
 Visit www.ymcatwincities.org



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BUILDING HOURS

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KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:00 p.m.
Saturday: 9:00 a.m. - 3:00 p.m.
Sunday: Noon. - 8:00 p.m.

WEDNESDAY

FITNESS AND WELLNESS - Pilates

3:00	to	3:30	pm	Pilates Reformer Group Class	01166 - 30	S	S	S
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FITNESS AND WELLNESS - Educational

6:35	to	7:05	am	Kettlebells - 30 minute session	01003 - 30	\$70	\$70	\$126
12:25	to	12:55	pm	Kettlebells - 30 minute session	01003 - 31	\$70	\$70	\$126
8:05	to	8:35	pm	Kettlebells - 30 minute session	01003 - 32	\$70	\$70	\$126

THURSDAY

FITNESS AND WELLNESS - Pilates

6:30	to	7:00	am	Pilates Reformer Group Class	01166 - 40	S	S	S
10:55	to	11:55	am	Pilates Reformer Group Class	01166 - 41	S	S	S

FRIDAY

FITNESS AND WELLNESS - Pilates

11:40	to	12:40	am	Pilates Reformer Group Class	01166 - 50	S	S	S
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FITNESS AND WELLNESS - Educational

6:40	to	7:10	am	Kettlebells - 30 minute session	01003 - 50	\$70	\$70	\$126
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SPORTS - Adult Sports Leagues

12:30	to	1:30	pm	Basketball	01139 - 01	\$21	\$21	\$21
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SATURDAY

SPORTS - Adult Sports Clubs

1:00	to	3:00	pm	Volleyball	01140 - 02	S	S	M
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SUNDAY

FITNESS AND WELLNESS - Educational

3:30	to	4:00	pm	Kettlebells - 30 minute session	01003 - 70	\$70	\$70	\$126
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SPORTS - Adult Sports Clubs

6:00	to	8:00	pm	Basketball	01139- 02	S	S	\$3/day
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