



Fitness Specialty Classes & Programs Schedule

2010 SESSION 5 • September 13 - October 31

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
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DAILY OFFERINGS

FITNESS AND WELLNESS - Fitness Services								
			Polar BodyAge® Assessment	01209 - 01		PT	PT	M
			Polar Cardio Coaching	01210 - 01		PT	PT	M
			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 Training Intro: 60 min	01167 - 01		\$119	\$119	S
			Pilates Reformer Partner Training	01181 - 01		S	S	S

MONDAY

FITNESS AND WELLNESS - Pilates								
1:55	to	2:55	pm	Pilates Reformer Group Class: 60 min	01166 - 10	\$140	\$140	\$182

TUESDAY

FITNESS AND WELLNESS - Pilates								
6:35	to	7:05	am	Pilates Reformer Group Class: 30 min	01166 - 20	\$84	\$84	\$140
8:15	to	9:15	pm	Pilates Reformer Group Class: 60 min	01166 - 21	\$140	\$140	\$182

WEDNESDAY

FITNESS AND WELLNESS - Specialty Group X								
6:30	to	7:00	am	Kettlebells Intermediate - 30 minute session	01022 - 30	\$70	\$70	\$126
7:00	to	7:30	am	Kettlebells Intermediate - 30 minute session	01022 - 31	\$70	\$70	\$126
8:05	to	8:35	pm	Kettlebells Intermediate - 30 minute session	01022 - 32	\$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 BEINGS
 AUGUST 13, 2010
 Visit www.ymcatwincities.org



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KIDS STUFF HOURS

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

THURSDAY

FITNESS AND WELLNESS - Pilates

6:35	to	7:05	am	Pilates Reformer Group Class: 30 min	01166 - 40	\$84	\$84	\$140
7:35	to	8:05	am	Pilates Reformer Group Class: 30 min	01166 - 41	\$84	\$84	\$140
11:55	to	12:55	pm	Pilates Reformer Group Class: 60 min	01166 - 42	\$140	\$140	\$182

FITNESS AND WELLNESS - Specialty Group X

4:15	to	4:55	pm	Kettlebells Intermediate - 30 minute session	01022 - 40	\$70	\$70	\$126
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FRIDAY

FITNESS AND WELLNESS - Pilates

11:40	to	12:40	pm	Pilates Reformer Group Class: 60 min	01166 - 50	\$140	\$140	\$182
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FITNESS AND WELLNESS - Specialty Group X

6:00	to	6:30	am	Kettlebells Intermediate - 30 minute session	01022 - 50	\$70	\$70	\$126
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SATURDAY

FITNESS AND WELLNESS - Specialty Group X

8:30	to	9:00	am	Kettlebells Intermediate - 30 minute session	01022 - 60	\$70	\$70	\$126
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