



White Bear Area YMCA Group Training Schedule

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

(651) 777-8103

ymcamn.org/whitebear

www.facebook.com/whitebearareaymca

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 8:30am-8:30pm, F 8:30am-7:00pm
Saturday: 8:00am-1:30pm
Sunday: 9:30am-7:00pm

Classes starting **Thursday, September 12**

Kettlebells/TRX Fusion Intermediate - 30 min: 15+ yrs

88_FW_1319_40_091219_YHL

8:30 am to 9:00 am
Class meets 7 times

Katie

\$84 member /\$126 non-member

Classes starting **Other Days During Early Fall Session**

Pilates Reformer Group Class - 45 min: 15+ yrs

88_FW_1339_30_100219_YHL

Wed -5:30 pm to 6:15 pm
Class meets 8 times starting October 2

Susan

\$128 member /\$176 non-member

Class Descriptions

Kettlebells/TRX Fusion Intermediate - 30 min

If you already know beginning kettlebells and TRX moves, this total-body class pumps up the power. Since it's a highly effective workout, it's perfect if you're on the fast track to reach your health and fitness goals.

Pilates Reformer Group Class - 45 min

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.