



Fitness Specialty Classes & Programs Schedule

2009 SESSION 6 • November 2 - December 20

Andover YMCA • 763-230-9622 PHONE • 763-230-6570 FAX

BUILDING HOURS

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

KIDS STUFF HOURS

Monday-Thursday 8:00 a.m. - 8:30 p.m.
Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 4:00 p.m.
Sunday: 9:00 a.m. - 8:00 p.m.

Begin Time	End Time	AM/PM	Class	Class Code	2 Digit ID	Adult, Metro Family & Dual Members Fee	Program Participants Fee
DAILY OFFERINGS							
FITNESS AND WELLNESS - Fitness Services							
			Adult Fitness Consultation	01102 - 01		Free	M
			Fitness Center Orientations	01202 - 01		Free	M
			FitStart — Your first 12 weeks	01103 - 01		Free	M
			Youth and Teen Orientations	01101 - 01		Free	M
			Health and Fitness Assessments	01201 - 01		PT	PT
			New Leaf Metabolic Assessment	01170 - 01		PT	M
			Polar BodyAge® Assessment	01209 - 01		Free	M
FITNESS AND WELLNESS - Personal Training							
			One-on-One Personal Training	01107 - 01		PT	M
FITNESS AND WELLNESS - Pilates							
			One-on-One Pilates Reformer Training	01164 - 01		S	S
			Pilates Reformer Partner Training	01181 - 01		S	S
SPORTS - Adult Sports Clubs							
			YMCA Walking Club	03206 - 01		\$40	M

MONDAY

FITNESS AND WELLNESS - Educational							
5:30	to	6:00	am	Kettlebells Beginner - 30 minute session	01003 - 10	\$70	\$126

TUESDAY

FITNESS AND WELLNESS - Pilates							
10:45	to	11:45	am	Pilates Reformer Group Class	01166 - 20	\$126	\$168
7:45	to	8:45	pm	Pilates Reformer Group Class	01166 - 21	\$126	\$168

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
October 2, 2009
Visit www.ymcatwincities.org



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FITNESS AND WELLNESS - Educational

11:00	to	Noon	pm	TRX - 60 minute session	01195 - 20	\$126	\$168
8:50	to	9:50	pm	Kettlebells Beginner - 30 minute session	01003 - 20	\$70	\$126
8:50	to	9:50	pm	Meditation	01163 - 20	\$56	\$112

SPORTS - Adult Sports Clubs

7:30	to	8:15	am	YMCA Nordic Walking Club	03208 - 20	\$25	M
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WEDNESDAY

FITNESS AND WELLNESS - Pilates

10:45	to	11:45	am	Pilates Reformer Group Class	01166 - 30	\$126	\$168
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FITNESS AND WELLNESS - Educational

5:30	to	6:00	pm	Kettlebells Beginner - 30 minute session	01003 - 30	\$70	\$126
6:00	to	7:00	pm	TRX - 60 minute session	01195 - 30	\$126	\$168
9:30	to	10:30	am	TRX - 60 minute session	01195 - 31	\$126	\$168

THURSDAY

FITNESS AND WELLNESS - Pilates

7:00	to	8:00	pm	Pilates Reformer Group Class	01166 - 40	\$126	\$168
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FITNESS AND WELLNESS - Educational

6:45	to	7:15	am	Kettlebells Beginner - 30 minute session	01003 - 40	\$70	\$126
5:30	to	6:00	pm	Kettlebells Beginner - 30 minute session	01003 - 41	\$70	\$126

FRIDAY

FITNESS AND WELLNESS - Educational

10:45	to	11:15	am	Kettlebells Beginner - 30 minute session	01003 - 50	\$70	\$126
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SATURDAY

FITNESS AND WELLNESS - Educational

8:30	to	9:00	am	Kettlebells Beginner - 30 minute session	01003 - 60	\$70	\$126
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Saturday 8:00 a.m. - 4:00 p.m.
Sunday: 9:00 a.m. - 8:00 p.m.

SUNDAY

FITNESS AND WELLNESS - Pilates

7:00	to	8:00	pm	Pilates Reformer Group Class	01166 - 70	\$126	\$168
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FITNESS AND WELLNESS - Educational

4:00	to	4:30	pm	Kettlebells Beginner - 30 minute session	01003 - 70	\$70	\$126
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