



# Fitness Specialty Classes & Programs Schedule

2009 SESSION 6 • November 2 - December 20

Emma B. Howe Family YMCA • 763-785-7882 PHONE • 763-785-9133 FAX

## BUILDING HOURS

Monday-Friday: 5:00 a.m. - 11:00 p.m.  
 Saturday: 7:00 a.m. - 10:00 p.m.  
 Sunday: 7:00 a.m. - 9:00 p.m.

## KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:30 p.m.  
 Saturday: 8:00 a.m. - 5:00 p.m.  
 Sunday: 11:00 a.m. - 6:00 p.m.

Begin Time	End Time	AM/PM	Class	Class Code	2 Digit ID	Adult, Metro Family & Dual Members Fee	Program Participants Fee
<b>DAILY OFFERINGS</b>							
FITNESS AND WELLNESS - Fitness Services							
			Adult Fitness Consultation	01102 - 01		Free	M
			FitLinxx® Orientation	01104 - 01		Free	M
			Fitness Center Orientations	01202 - 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
FITNESS AND WELLNESS - Personal Training							
			One-on-One Personal Training	01107 - 01		PT	M
			Partner and Small Group Personal Training	01150 - 01		PT	PT
			One-on-One PT Introductory Package	01108 - 01		PT	PT
			One-on-One Water Personal Training	01020 - 01		PT	M
			Group Water Personal Training	01021 - 01		PT	M
FITNESS AND WELLNESS - Pilates							
			One-on-One Pilates Reformer Training	01164 - 01		S	S
			Pilates Reformer Group Class	01166 - 01		S	S
			Pilates Reformer Training Intro	01167 - 01		S	S
<b>Inquire at Member Services for Registration and class offerings</b>							

## MONDAY

FITNESS AND WELLNESS - Educational							
6:30	to	7:30	pm	Line Dancing Lessons	01138 - 10	Free	\$112
7:30	to	9:00	pm	Line Dancing Lessons	01138 - 11	Free	\$112

## TUESDAY

FITNESS AND WELLNESS - Educational							
8:00	to	8:30	pm	Kettlebells Beginner - 30 minute session	01003 - 20	\$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  
 October 2, 2009  
 Visit [www.ymcatwincities.org](http://www.ymcatwincities.org)



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## WEDNESDAY

### FITNESS AND WELLNESS - Educational

7:00	to	8:00	pm	Tai Chi Chuan Practice	01002 - 30	Free	\$112
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## THURSDAY

### FITNESS AND WELLNESS - Educational

8:00	to	9:00	pm	Kettlebells Intermediate- 60 minute session	01022 - 40	\$126	\$168
7:45	to	8:45	pm	Meditation	01163 - 40	\$56	\$112
6:30	to	7:30	pm	Yoga	01126 - 40	\$56	\$112
10:00	to	11:00	am	Yoga	01126 - 41	\$56	\$112

## FRIDAY

### FITNESS AND WELLNESS - Educational

7:00	to	8:00	pm	Tai Chi Chuan Instruction	01001 - 50	Free	\$112
Noon	to	1:00	pm	Line Dancing Lessons	01138 - 50	Free	\$112
1:15	to	2:15	pm	Line Dancing Lessons	01138 - 51	Free	\$112

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