



July Specialty Classes

6/25/24

Monday

Women on Weights	10:30-11:15 am	4 Classes	July: 1,8,22,29
Mat Pilates	12:15-1:15 pm	5 Classes	July: 1,8,15, 22,29

Tuesday

Aqua Boot Camp	7:30-8:30 am	4 Classes	July: 2,9,23,30
Taekwondo	6-7 pm	5 Classes	July: 2,9,16,23,30

Wednesday

Pilates Reformer	9-10 am	4 Classes	July: 10,17,24, 31
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Thursday

Aqua Boot Camp	7:30-8:30 am	3 Classes	July: 4,11,25
Women on Weights	11:00-11:45 am	2 Classes	July: 11,18
Taekwondo	6-7 pm	4 Classes	June: 4,11,18,25

Friday

Saturday

Mat Pilates	12:15-1:15 pm	4 Classes	July: 6,13,20,27
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Specialty Class Service Pricing

\$50 - 1 Class/Month

(Example- Aqua Boot Camp- Mondays)

\$100 - 2 or More Classes/Month

(Example- Aqua Boot Camp- Mon & Wed)

(Example- Mat Pilates Sat & Pilates reformer on Wed)

YWCA St. Paul is focused on Health Equity and eliminating barriers for members, including financial barriers!

Purchasing the Specialty Class Service allows a member to participate in any and as many of the Specialty Classes listed on the Left.

Please note, classes for this summer are not necessarily the same week or the same day due to vacations and some staff transition.

Sign up at the Members Services desk!

**To register for Specialty classes, use the YWCA St. Paul Member Portal or App! This allows you to sign up for the class and allows management to track class attendance.*

*YWCA Programs participants receive a discounted rate for Specialty classes. Please contact Neil Erickson at NErickson@ywcastpaul.org to receive the discounted rate.

***Classes can be prorated if you need to join the class after the class start date!**



Class Descriptions

Aqua Boot Camp: Deep or shallow, unleash your inner athlete in this fast-paced interval workout that will get your heart pumping and leave your muscles aching for more.

Be Strong: Using a variety of movements and varied resistance exercises to improve strength, flexibility, posture, balance, and body awareness. This is a great class for those with osteoporosis.

Begin Again Yoga: Yoga isn't for everyone but it's open to anyone. It's not just the poses that ease stress, but you might find comfort just spending time around like-minded people.

Pilates Mat: Move beyond the basics with more advanced exercises and at a faster pace. Previous Pilates experience is strongly recommended.

Pilates Reformer: Improve spatial awareness, balance, whole-body strength, and flexibility with Pilates reformer exercises. Previous Pilates Reformer experience is strongly recommended.

Sense of Balance: Looking to improve your balance? Research shows that balance exercises for seniors can significantly reduce the risk of falls. Join this class to get training!

Taekwondo: Ram's Taekwondo teaches YW's Taekwondo classes. Our vision is to empower the community members: we provide healthy physical activity with teachings of respect and mental discipline to overcome difficult tasks. Classes may be mixed with youth and adults.

Women on Weights: Group training designed especially for women. Participants learn the most effective ways to tone muscles, how to incorporate free weights into a strength training routine & how to create an efficient, safe weight training program.