

# Specialty Classes - December

11/27/24 (Check with Instructors for Holiday Hours and Class Cancellations)

## Monday

<b>Mat Pilates</b>	12:15 – 1:15 p.m.	5 Classes	<i>December: 2,9,16,23,30</i>
<b>Pilates Reformer</b>	6:00 - 7:00 p.m.	5 Classes	<i>December: 2,9,16,23,30</i>

## Tuesday

<b>Aqua Boot Camp</b>	7:30 - 8:30 a.m.	5 Classes	<i>December: 3,10,17,24,31</i>
<b>Taekwondo</b>	6:00 - 7:00 p.m.	4 Classes	<i>December: 3,10,17</i>

## Thursday

<b>Aqua Boot Camp</b>	7:30 - 8:30 a.m.	4 Classes	<i>December: 5,12,19,26</i>
<b>Taekwondo</b>	6:00 - 7:00 p.m.	4 Classes	<i>December: 5,12,19</i>

## Friday

<b>Pilates Reformer</b>	7:00 – 8:00 a.m.	3 Classes	<i>December: 6,13,20,27</i>
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## Saturday

<b>Mat Pilates</b>	12:15 – 1:15 p.m.	3 Classes	<i>December: 7,14,21,28</i>
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## Varies

<b>Women on Weights</b>			
Mondays	10:30-11:30 a.m.	Dayton	<i>December: 30</i>
Monday	12:00-1:00 p.m.	Selby	<i>December: 2, 16</i>
Monday	12:30-1:30 p.m.	Selby	<i>December: 9</i>
Thursdays	11:00-12:00 a.m.	Selby	<i>December: 5,12,19</i>

**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 for a reduced fee.**

### **Monthly Rates Options:**

**\$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)

**Take 2 OR MORE Specialty classes for \$100/month!**

**To purchase the Specialty Service, please stop by the Member Services Desk and speak with a staff member!**

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

\*YWCA Programs participants receive a discounted rate for Specialty classes. Please contact Neil Erickson at [NErickson@ywcastpaul.org](mailto:NErickson@ywcastpaul.org) to receive the discounted rate.

# 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.

**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.

**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.