

Specialty Classes - January

Updated-12/27/24 (January Closure Dates: 1/1, 1/10 (12:00p.m.-Close), 1/20)

Monday

Mat Pilates	12:15 – 1:15 p.m.	4 Classes	<i>January: 6,13,27</i>
Pilates Reformer	6:00 - 7:00 p.m.	4 Classes	<i>January: 6,13,27</i>

Tuesday

Aqua Boot Camp	7:30 - 8:30 a.m.	4 Classes	<i>January: 7,14,21,28</i>
Taekwondo	6:00 - 7:00 p.m.	4 Classes	<i>January: 7,14,21,28</i>

Thursday

Aqua Boot Camp	7:30 - 8:30 a.m.	4 Classes	<i>January: 2,9,16,23,30</i>
Taekwondo	6:00 - 7:00 p.m.	4 Classes	<i>January: 2,9,16,23,30</i>

Friday

Pilates Reformer	7:00 – 8:00 a.m.	3 Classes	<i>January: 3,10,17,24,31</i>
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Saturday

Mat Pilates	12:15 – 1:15 p.m.	3 Classes	<i>January: 4,11,18,25</i>
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Varies

Women on Weights (1/2,1/20 - No Class)			
Mondays	12:00 - 1:00 p.m.	Selby	<i>January: 6,13,27</i>
Thursdays	11:00 - 12:00 p.m.	Selby	<i>January: 9,16,23,30</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 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.