

# Specialty Classes - March

Updated-3/3/25

## Monday

Mat Pilates	12:15 – 1:15 p.m.	4 Classes	March: 3,10,17,24,31
Pilates Reformer	6:00 - 7:00 p.m.	4 Classes	March: 3,10,17,24,31

## Tuesday

Aqua Boot Camp	7:30 - 8:30 a.m.	4 Classes	No class until 4/22/25, when In-Fin Returns
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## Thursday

Aqua Boot Camp	7:30 - 8:30 a.m.	4 Classes	No class until 4/22/25, when In-Fin Returns
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## Friday

Pilates Reformer	7:00 – 8:00 a.m.	4 Classes	March: 7,14,21,28
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## Saturday

Mat Pilates	12:15 – 1:15 p.m.	4 Classes	March: 1,8,15,22,29
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## Varies

<b>Women on Weights</b>			
Mondays	12:00 - 1:00 p.m.	Selby	March: 3,10,17,24
Thursdays	11:00 - 12:00 p.m.	Selby	March: 6,13,20

**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.

**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.