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St. Paul

Specialty Classes - November

Updated- 10/29/26

NEW CLASSES HAVE BEEN ADDED!!

Monday

Mat Pilates	12:15 – 1:15 pm	4 Classes	*Fran*	*November: 2,9,16,23,30*	*D*
Pilates Reformer	6:00 - 7:00 pm	4Classes	*Cathy*	*November: 2,9,16,23,30*	*PR*

Tuesday

Senior Boxing	10:30-11:30 am	NEW!	*Zach*	*November: 3,10,17,24*	*W*
Boxing	5:30-6:30 pm	NEW!	*Zach*	*November: 3,10,17,24*	*W*

Wednesday

Pilates Reformer	7:00 – 8:00 am	4 Classes	*Cathy*	*November: 4,11,18,25*	*PR*

Thursday

Circuit Fit	11:00-12:00 pm	NEW!	*In-Fin*	*November: 12,19,26* *-No Class 5th of November*	*S*
Boxing	5:30-6:30 pm	NEW!	*Zach*	*November: 5,12,19,26*	*W*

Saturday

Mat Pilates	12:15 – 1:15 pm	4 Classes	*Fran*	*November: 7,14,21,28*	*D*
Senior Boxing	10:30-11:30 pm	NEW!	*Zach*	*November: 7,14,21,28*	*W*

Purchasing the Specialty Class Service allows a member to participate in any and as many of the Specialty Classes as they want.

Monthly Rates Options:
$50 – 1 Weekly Class/Month (Average 4 classes a month)
$100 - 2 or More Weekly Classes/Month (Average 8 or More classes a month)

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

Location Codes:

A= Atrium
C = Cycle Studio
D = Dayton Studio
PR = Pilates Reformer Studio
W = Western Studio
P = Pool
S = Selby Studio
O = Outside

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Class Descriptions

Boxing Fitness: Get ready to punch, move, and build strength in this high-energy boxing fitness class! Using bags, participants will learn basic boxing techniques while improving cardiovascular endurance, coordination, balance, and overall strength. Each class combines punching combinations, footwork, and functional fitness exercises for a fun, full-body workout. No boxing experience necessary and no sparring or boxing ring involved. All fitness levels are welcome!

Circuit Fit: Full-body workout that combines strength, conditioning and mobility stations to build fitness, boost endurance and keep you moving!

Pilates Mat: A multi-level fitness class for men and women using exercises modified for individual needs while sitting and lying on a mat. Additional equipment is not used. Expect improved posture, coordination, balance, flexibility and strength for the whole body while focusing on the core.

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

Senior Boxing: Stay active, strong, and confident with this fun, low-impact boxing fitness class designed specifically for older adults! Using boxing bags and controlled punching combinations, participants will improve balance, coordination, cardiovascular endurance, flexibility, and overall strength. This class focuses on functional movements, hand-eye coordination, and gentle conditioning in a safe, supportive environment. No boxing experience necessary, and no sparring or contact involved. All fitness levels are welcome!