

## Monday

<b>Mat Pilates</b>	12:15-1:15 pm	7 Classes	<i>Starts 10/31 Ends 12/12</i>
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## Tuesday

<b>Taekwondo</b>	5-6 pm & 6-7 pm	16 Classes	<i>Starts 11/01 Ends 12/13</i>
<b>Aqua Boot Camp</b>	7:30-8:30 am	8 Classes	<i>Starts 10/04 Ends 11/17</i>

## Wednesday

<b>Begin Again Yoga</b>	9:00-10:00 am	7 Classes	<i>Starts 10/05 Ends 11/16</i>
<b>Pilates Reformer</b>	9:00-10:00 am	7 Classes	<i>Starts 11/02 Ends 12/14</i>
<b>Sense of Balance</b>	10:15-10:45 am	7 Classes	<i>Starts 10/05 Ends 11/16</i>

## Thursday

<b>Women on Weights</b>	9:30-10:15 am	8 Classes	<i>Starts 10/21 Ends 12/16</i>
<b>Taekwondo</b>	5-6 pm & 6-7 pm	16 Classes	<i>Starts 11/03 Ends 12/15</i>
<b>Aqua Boot Camp</b>	7:30-8:30 am	8 Classes	<i>Starts 10/04 Ends 11/17</i>

## Friday

<b>Pilates Reformer</b>	8:00-9:00 am	6 Classes	<i>Starts 11/04 Ends 12/16</i>
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## Saturday

<b>Mat Pilates</b>	12:15-1:15 pm	7 Classes	<i>Starts 11/05 Ends 12/17</i>
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### All swim lessons start November 12<sup>th</sup> & End on December 17<sup>th</sup>

<b>Jolly Tails (Ages 3-4)</b>	9:00-9:45 am	Starts 11/12 Ends 12/17
<b>Jelly Fish (Ages 4-5)</b>	9:00-9:45 am	Starts 11/12 Ends 12/17
<b>Sting Ray (Ages 6-10 Beginners)</b>	9:00-9:45 am	Starts 11/12 Ends 12/17
<b>Blow Fish (Ages 4-5)</b>	9:50-10:35 am	Starts 11/12 Ends 12/17
<b>Otter (Ages 6-8)</b>	9:50-10:35 am	Starts 11/12 Ends 12/17
<b>Dolphin (Ages 8-10)</b>	10:40-11:25 am	Starts 11/12 Ends 12/17
<b>Koi Fish (Ages 10-12)</b>	10:40-11:25 am	Starts 11/12 Ends 12/17
<b>Water Babies (Ages 6m-12m)</b>	11:30-12:00 pm	Starts 11/12 Ends 12/17
<b>Aqua Tots (Ages 1-3)</b>	11:30-12:00 pm	Starts 11/12 Ends 12/17

### Women on Weights

Member: \$100  
Non-Member: \$130

### Taekwondo

General Price: \$129.60

### Swimming Lessons

Member: \$50  
Non-Member: \$75

### Begin Again Yoga/Sense of Balance

Member: \$92.75  
Non-Member: \$140

### Mat Pilates

Member: \$73.50  
Non-Member: \$112

### Pilates Reformer Wed. w/ Elisabeth

Member: \$175  
Non-Member: \$196

### Pilates Reformer Fri. w/ Cathy

Member: \$150  
Non-Member: \$168

### Aqua Boot Camp

Member: \$147  
Non-Member: \$224

To sign up for classes, go through the YWCA member portal! This is the attendance tracker for classes, support your favorite instructors!

For non-members, please email Neil at [NErickson@ywcastpaul.org](mailto:NErickson@ywcastpaul.org) to get signed up.

YWCA Program Participants receive a discounted rate to class. Please contact Neil Erickson at [NErickson@ywcastpaul.org](mailto:NErickson@ywcastpaul.org) to receive discount code.



# 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.

**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.