



# Winter I Specialty Classes

1/2/2023

## Monday

<b>Mat Pilates</b>	12:15-1:15 pm	7 Classes	<i>Starts 1/02 Ends 2/20</i>
<b>Be Strong Framework</b>	9:30-10:15 am	7 Classes	<i>Starts 1/09 Ends 2/27</i>

## Tuesday

<b>Taekwondo</b>	5-6 pm & 6-7 pm	16 Classes	<i>Starts 1/10 Ends 3/02</i>
<b>Aqua Boot Camp</b>	7:30-8:30 am	12 Classes	<i>Starts 1/03 Ends 2/09</i>

## Wednesday

<b>Begin Again Yoga</b>	9:00-10:00 am	5 Classes	<i>Starts 1/04 Ends 2/01</i>
<b>Pilates Reformer</b>	9:00-10:00 am	8 Classes	<i>Starts 1/04 Ends 2/22</i>
<b>Sense of Balance</b>	10:15-10:45 am	5 Classes	<i>Starts 1/04 Ends 2/01</i>

## Thursday

<b>Taekwondo</b>	5-6 pm & 6-7 pm	16 Classes	<i>Starts 1/10 Ends 3/22</i>
<b>Aqua Boot Camp</b>	7:30-8:30 am	12 Classes	<i>Starts 1/03 Ends 2/09</i>

## Friday

<b>Pilates Reformer</b>	8:00-9:00 am	6 Classes	<i>Starts 1/06 Ends 2/17</i>
<b>Women on Weights</b>	9:30-10:15 am	8 Classes	<i>Starts 1/06 Ends 2/24</i>

## Saturday

<b>Mat Pilates</b>	12:15-1:15 pm	7 Classes	<i>Starts 1/07 Ends 2/25</i>
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## All swim lessons start February 4th & End on March 25<sup>th</sup> 8 Classes

<b>Jolly Tails (Ages 3-4)</b>	9:00-9:45am	<i>Starts 2/4 Ends 3/25</i>
<b>Jelly Fish (Ages 4-5)</b>	9:00-9:45am	<i>Starts 2/4 Ends 3/25</i>
<b>Sting Ray (Ages 6-10 Beginners)</b>	9:00-9:45am	<i>Starts 2/4 Ends 3/25</i>
<b>Blow Fish (Ages 4-5)</b>	9:50-10:35am	<i>Starts 2/4 Ends 3/25</i>
<b>Otter (Ages 6-8)</b>	9:50-10:35am	<i>Starts 2/4 Ends 3/25</i>
<b>Dolphin (Ages 8-10)</b>	10:40-11:25am	<i>Starts 2/4 Ends 3/25</i>
<b>Koi Fish (Ages 10-12)</b>	10:40-11:25am	<i>Starts 2/4 Ends 3/25</i>
<b>Water Babies (Ages 6m-12m)</b>	11:30-12:00pm	<i>Starts 2/4 Ends 3/25</i>
<b>Aqua Tots (Ages 1-3)</b>	11:30-12:00pm	<i>Starts 2/4 Ends 3/25</i>

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

### Aqua Boot Camp

Member: \$132

Non-Member: \$198

YWCA Program Participants \$120

### Be Strong Framework

Member: \$75

Non-Member: \$110

YWCA Programs Participants \$50

### Begin Again Yoga/Sense of Balance

Member: \$75

Non-Member: \$110

YWCA Programs Participants \$50

### Mat Pilates

Member: \$84

Non-Member: \$126

YWCA Programs Participants \$70

### Pilates Reformer Wed. w/ Elisabeth

Member: \$224

Non-Member: \$248

YWCA Programs Participants \$160

### Pilates Reformer Fri. w/ Cathy

Member: \$168

Non-Member: \$186

YWCA Programs Participants \$120

### Swimming Lessons

Member: \$96

Non-Member: \$136

YWCA Programs Participants \$80

### Taekwondo

General Price: \$160

YWCA Programs Participants \$160

### Women on Weights

Member: \$112

Non-Member: \$144

YWCA Programs Participants \$80

\*To sign up for Specialty classes, use the YWCA member portal! For non-members, please email Neil at [NErickson@ywcastpaul.org](mailto:NErickson@ywcastpaul.org) to get signed up.

\*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.

**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.