

Fall Specialty Classes

*YWCA Programs participants receive a discounted rate for Specialty classes. Please contact Neil Erickson at NErickson@ywcastpaul.org to receive the discounted rate.

Monday

Mat Pilates	12:15-1:15 pm	9 Classes	<i>Starts 9/04 Ends 10/30</i>
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Tuesday

Aqua Boot Camp	7:30-8:30 am	17 Classes	<i>Starts 9/05 Ends 10/31</i>
Taekwondo	6-7 pm	17 Classes	<i>Starts 9/05 Ends 10/31</i>

Wednesday

Pilates Reformer	9-10 am	7 Classes	<i>Starts 9/06 Ends 10/25</i>
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Thursday

Aqua Boot Camp	7:30-8:30 am	17 Classes	<i>Starts 9/05 Ends 10/31</i>
Be Strong	10-10:45 am	8 Classes	<i>Starts 9/07 Ends 10/26</i>
Taekwondo	6-7 pm	17 Classes	<i>Starts 9/05 Ends 10/31</i>

Friday

Women on Weights	9:30-10:15 am	9 Classes	<i>Starts 9/01 Ends 10/27</i>
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Saturday

Mat Pilates	12:15-1:15 pm	7 Classes	<i>Starts 1/07 Ends 2/25</i>
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Aqua Boot Camp

Member: \$204
Non-Member: \$306

Be Strong

Member: \$112
Non-Member: \$144

Mat Pilates

Member: \$108
Non-Member: \$162

Pilates Reformer

Member: \$196
Non-Member: \$217

Taekwondo

General Price: \$170

Women on Weights

Member: \$126
Non-Member: \$162

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



Sign up Here!

*To sign up for Specialty classes, use the YWCA member portal! Non-Members can also use the portal under "Specialty Classes" on the login page.

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.

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.