

# Winter I Specialty Classes

## November & December 2023

\*Class dates may change as it gets closer to the holidays. Make sure to confirm class dates with instructors.

Monday

<b>Mat Pilates</b>	12:15-1:15 pm	7 Classes	Starts 11/04 Ends 12/30
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Tuesday

<b>Aqua Boot Camp</b>	7:30-8:30 am	13 Classes	Starts 11/07 Ends 12/21
<b>Be Strong</b>	10:30-11:15 am	7 Classes	Starts 11/07 Ends 12/19
<b>Taekwondo</b>	6-7 pm	15 Classes	Starts 11/02 Ends 12/28

Wednesday

<b>Pilates Reformer</b>	9-10 am	7 Classes	Starts 11/1 Ends 12/20
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Thursday

<b>Aqua Boot Camp</b>	7:30-8:30 am	13 Classes	Starts 11/07 Ends 12/21
<b>Taekwondo</b>	6-7 pm	15 Classes	Starts 11/02 Ends 12/28

Friday

<b>Women on Weights</b>	9:30-10:15 am	8 Classes	Starts 11/03 Ends 12/29
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Saturday

<b>Mat Pilates</b>	12:15-1:15 pm	9 Classes	Starts 11/04 Ends 12/30
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**Aqua Boot Camp**

Member: \$156  
Non-Member: \$234

**Be Strong**

Member: \$98  
Non-Member: \$126

**Mat Pilates (Monday)**

Member: \$84  
Non-Member: \$126

**Mat Pilates (Saturday)**

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

**Pilates Reformer**

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

**Taekwondo**

General Price: \$150

**Women on Weights**

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

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

\*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.

\*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.

**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.