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P.T. Challenge Series – Coming November

NEW Programming!!!

Monday

Women On Weights	12:00 - 1:00 pm	Start Date: Nov.2	*End Date: Nov. 25*	*Class Dates: Nov. 2,9,16,23,30*	*S*	*Member Price: $125*	*Non-Member Price: $175*

Monday & Wednesday

The Yard	4:30 – 5:30 pm	Start Date: Nov.2	*End Date: Nov. 25*	*Class Dates: Nov. 2,4,9,11,16,18,23,25*	*S*	*Member Price: $200*	*Non-Member Price: $280*

Thursday

Youth Fitness Foundations	6:00-7:00 pm	Start Date: Nov.5th	*End Date: Nov. 19*	*Class Dates: Nov. 5,12,19*	*S*	*Member Price: $75*	*Non-Member Price: $105*

The **P.T. Challenge Series** is a collection of specialized, results-driven fitness programs led by certified personal trainers. Each program is designed to challenge participants, build strength, improve endurance, develop confidence, and help individuals reach their personal fitness goals. With expert coaching, structured workouts, and a motivating, supportive environment, the P.T. Challenge Series offers a more personalized training experience for a variety of ages, abilities, and fitness levels.

To purchase the P.T. Challenge Series Programs, please stop by the Member Services Desk and speak with a staff member!

Pricing:
Member Rates: $25/Each
Non-Member Rates: $35/Each

Location Codes:

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

Director of HFC Operations – Neil Erickson nerickson@ywcastpaul.org
Associate Director of HFC Growth and Programs - Troy Shoberg tshoberg@ywcastpaul.org
Member Services Staff healthandfitness@ywcastpaul.org
HFC Member Services Desk - 651-222-3741 Ext. 1
YW St. Paul Website https://www.ywcastpaul.org

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Class Descriptions

The Yard: The Yard brings the energy! This action-packed class builds strength, endurance, agility, and confidence through high-intensity cardio, functional training, core work, and team challenges—all while keeping fitness fun and motivating.

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.

Youth Fitness Foundations: A fun, high-energy class designed to help youth build strength, endurance, agility, mobility, and confidence. Participants will enjoy cardio, functional strength training, core exercises, team challenges, and recovery-focused stretching.

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