



Ridgedale YMCA Group Training Schedule

Early Spring 2023 - Classes starting between February 27 and April 16

(952) 544-7708

ymcanorth.org/ridgedale

www.facebook.com/ridgedaleyymca

BUILDING HOURS

Monday-Friday: 5 AM - 9 PM

Saturday: 7 AM - 5 PM

Sunday: 7 AM - 5 PM

KIDS STUFF HOURS

Monday-Friday: Please visit ymcanorth.org/reservations for current hours.

Saturday:

Sunday:

Classes starting Tuesday, February 28

Bootcamp - 60 min: 15+ yrs

22_FW_1203_20_022823_YHL

10:00 am to 11:00 am
Class meets 7 times

Gym

Brenda

\$154 member /\$200 non-member

Classes starting Thursday, March 2

Bootcamp - 60 min: 15+ yrs

22_FW_1203_40_030223_YHL

10:00 am to 11:00 am
Class meets 7 times

Gym

Brenda

\$154 member /\$200 non-member

Classes starting Sunday, March 5

No Class Easter Sunday, 4/9

Bootcamp - 60 min: 15+ yrs

22_FW_1203_70_030523_YHL

1:30 pm to 2:30 pm
Class meets 6 times

Studio C

Brenda

\$132 member /\$171 non-member

Class Descriptions

Bootcamp - 60 min

This class is about improving your strength and stamina through a rugged workout. Class consists of sports drills, weights, jumping rope, boxing, circuits and interval training. It's great for preparing for events like weddings, reunions, postnatal and other milestones.