



# Hudson YMCA Group Training Schedule

Early Fall 2023 - Classes starting between September 11 and October 29

(715) 386-1616

[ymcanorth.org/hudson](http://ymcanorth.org/hudson)

[www.facebook.com/stcroixvalleymca](http://www.facebook.com/stcroixvalleymca)

## 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](http://ymcanorth.org/reservations) for current hours.

Saturday:

Sunday:

### Classes starting Tuesday, September 12

#### Building Better Balance - 45 min: 18+ yrs

84\_FW\_1031\_20\_091223\_YHL

12:45 pm to 1:30 pm  
Class meets 7 times

Studio 2

Naomi

\$81 member /\$97 non-member

### Classes starting Wednesday, September 13

#### Strength Training for Seniors - 45 min: 55+ yrs

84\_FW\_1306\_30\_091323\_YHL

10:30 am to 11:15 am  
Class meets 7 times

Near Track

Jovani

\$81 member /\$97 non-member

### Classes starting Thursday, September 14

#### Circuit Works - 45 min: 18+ yrs

84\_FW\_1224\_40\_091423\_YHL

8:30 am to 9:15 am  
Class meets 7 times

Gym

Naomi

\$123 member /\$169 non-member

#### Wellness 180 - 60 min (7 week): 10+ yrs

84\_FW\_1377\_40\_091423\_YHL

12:15 pm to 1:15 pm  
Class meets 7 times

Studio 2

Jovani

\$154 member /\$201 non-member

## Class Descriptions

#### Building Better Balance - 45 min

Improve balance and mobility, help prevent falls and build confidence to complete the tasks of daily living with this community-based program. Get empowered to function in many different environments.

#### Circuit Works - 45 min

Condition your whole body with this electrifying workout designed to build strength and muscular endurance. A variety of circuits prevent boredom and engage all major muscle groups. All fitness levels are welcome-class lets you work at the pace and intensity you choose.

#### Strength Training for Seniors - 45 min

Master the skills necessary to safely and effectively use the strength-training equipment at the Y. Learn about sets, reps, tempo and the proper amount of weight you should lift. Class helps you gain better balance, good posture, a high degree of energy and stronger bones.

#### Wellness 180 - 60 min (7 week)

Wellness 180 is a series of lessons that will help educate you both in and out of a classroom setting on how gradual lifestyle changes can positively impact your health. In small group sessions, you will dive into relevant topics and set goals to help you eat well, get active and live life to the fullest.

**REGISTRATION BEGINS AUGUST 22, 2023**

*Class availability varies by location. Schedules subject to change. Please visit [ymcanorth.org](http://ymcanorth.org) for updated class listings.*