



Woodbury YMCA Group Training Schedule

Late Spring 2023 - Classes starting between April 17 and June 4

(651) 731-9507

ymcanorth.org/woodbury

www.facebook.com/southeastareaymca

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 Monday, April 17

No class Memorial Day, 5/29

Advanced Strength Training - 60 min: 15+ yrs

\$132 member / \$171 non-member

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5:00 pm to 6:00 pm
Class meets 6 times

Fitness Center

Ambrose Martell

Classes starting Thursday, April 20

ForeverWell Pickleball Lessons Beginner- 60 min: 55+ yrs

\$80 member / \$96 non-member

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8:00 am to 9:00 am
Class meets 6 times

Gym

Dick Milles

ForeverWell Pickleball Lessons Intermediate/Advanced - 60 min: 55+ yrs

\$80 member / \$96 non-member

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9:15 am to 10:15 am
Class meets 6 times

Gym

Dick Milles

Classes starting Friday, April 21

ForeverWell Pickleball Lessons - 60 min: 55+ yrs

\$93 member / \$112 non-member

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8:10 am to 9:10 am
Class meets 7 times

Gym

Dick Milles

Class Descriptions

Advanced Strength Training - 60 min

Each week brings a different workout with new lifts to challenge or meet your strength-training needs. Change your fitness level with this high-intensity interval training class.

ForeverWell Pickleball Lessons - 60 min

Learn how to play pickleball, and the basic skills required for this game that's part tennis, part badminton.

ForeverWell Pickleball Lessons Beginner- 60 min

Learn how to play pickleball, and the basic skills required for this game that's part tennis, part badminton.

ForeverWell Pickleball Lessons Intermediate/Advanced - 60 min

Learn how to play pickleball, and the basic skills required for this game that's part tennis, part badminton.

REGISTRATION BEGINS MARCH 28, 2023

Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.