

FITNESS ORIENTATIONS

YOUTH ORIENTATION Ages 10-14

Orientations are required for all youth ages 10-14 for Wellness Floor access. Staff will take participants through Wellness Floor rules, how to use equipment, as well as how to use the YMCA in a healthy exercise plan.

2nd Thursday of the month - 5:30 PM

3rd Saturday of the month - 10:00 AM

Free (Registration required)

MEMBER ORIENTATION Ages 13+

Open to those new to the YMCA or those wanting to learn more about our facility. Our staff will take participants through Wellness Floor guidelines, how to use the equipment, as well as how to use the YMCA in a healthy fitness routine.

1st Saturday of the month - 10:00 AM

2nd Tuesday of the month - 5:30 PM

3rd Thursday of the month - 9:00 AM

Free (Registration required)

Coffee & Conversation

Last Wednesday of each month

10:30 - 11:30 AM

FREE



REGISTER ONLINE
REGISTRATION OPENS
AUGUST 12

SPECIAL EVENTS!

PARENT'S NIGHT OUT Grades K-5th

Friday, Sept 27

6:00 - 8:00 PM

\$25 Members / \$35 Non-Member

FALL FEST/ZOMBIE 5K

Saturday, Oct 26

Fall Fest: 9:00 - Noon - FREE

Zombie 5k: 9:00 - 10:00

\$20 Members / \$40 Non-Member

CONTACT US NOW!
507-645-0088

www.northfieldymca.org


Northfield Area Family YMCA
1501 Honeylocust Dr. Northfield, MN 55057

Adult & Family Programming



Fall 1 Session
Sept 2 - Oct 25

 www.northfieldymca.org

 507-645-0088

Adult Sports

Ages 18+

Free for Members

Day Pass required for Non-Members

Co-Ed Pickleball

Mondays

9:00 AM - 12:00 PM (Half Gym reserved)

Wednesdays

9:00 AM - 12: PM (Half Gym reserved)

Fridays

11:00 AM - 2:00 PM (Half Gym reserved)

Co-Ed Basketball

Tuesdays

5:30 - 7:00 AM (Half Court reserved)

Saturdays

7:15 - 8:45 AM (Full Court reserved)

Co-Ed Volleyball

Wednesdays

6:00 - 7:30 PM (Full Gym reserved)

Sundays

11:30 - 1:30 PM (Half gym reserved)

Personal Training

All Ages

By Appointment Only

30- & 60- Minute Session Packages

Individual or Group Options

See Website for more Information

Specialty Programs

Hypertrophy Training

Ages 15+

Mondays (Sept 9-Oct 21)

8:00 - 9:00 AM

Instructor: Trevor

\$100 Members / \$150 Non-Member

Learn how to strength train specifically for muscle growth.

Breath for Life: Meditation, Mindfulness & More

Ages 13+

Tuesdays (Sept 3-Oct 8)

6:00 - 7:00 PM

Instructor: Lisa

\$30 Members / \$60 Non-Member

A new class to ignite and inspire personal wellness and connect with your whole self.

Train to Finish a 5k

Ages 12+

Saturdays (Sept 7-Oct 26)

9:00 - 10:00 AM

Instructor: Brianne

\$55 Members / \$95 Non-Member

This program will start at a level that everyone can participate in! Come ready to run or walk, and by the end of the session, you will feel confident and excited to finish a 5k! Leads up to the Zombie 5k Oct 26.

Aquatics

Ages 13+

100 Mile Swim Club

\$15 Members & Non-Member

Adult Group Swim Lesson

Wednesdays (Sept 4-Oct 23)

5:30 - 6:15 PM

\$65 Members / \$90 Non-Member

Private Swim Lesson

By Appointment Only

4 -30 Minute Session Packages

Individual or Group Options

See Website for more information

PICKLEBALL LADDER LEAGUE Ages 18+

Thursdays (Sept 5-Oct 24)

6:00 - 8:00 PM

\$35 Members / \$50 Non-Member

Ladder play consists of matches for 5 players at a similar skill level. Each player plays with every other player in the match. Each week the final scores are used to determine the groups for the following week. The better you do, the more challenging the competition gets!