

# SEPTEMBER SMALL GROUP TRAINING SCHEDULE



## DOWNTOWN YMCA

### SEPTEMBER 8<sup>th</sup>-OCTOBER 5<sup>th</sup>

#### MONDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
5:10-5:55	Y-Functional Fit Camp	9/14-10/5	Mike	B
6:15-7:00	Total Gym Foundations	9/14-10/5	Mike	C
<b>PM Classes</b>				
12:10-12:45	Total Gym Foundations	9/14-10/5	Mike	C
5:45-6:30	Total Gym Foundations	9/14-10/5	Mike	C
6:35-7:20	Total Gym Foundations	9/14-10/5	Travis	C

#### TUESDAY

Time	Class	Date	Instructor	Location
<b>PM Classes</b>				
12:10-12:45	Y-Blitz	9/8-10/29	Mike	D
5:35-6:10	Y-Blitz	9/8-10/29	Mike	D

#### WEDNESDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
5:10-5:55	Y-Functional Fit Camp	9/9-9/30	Travis	B
6:15-7:00	Total Gym Foundations	9/9-9/30	Mike	C
<b>PM Classes</b>				
12:10-12:45	Total Gym Foundations	9/9-9/30	Mike	C
5:45-6:30	Total Gym Foundations	9/9-9/30	Mike	C
6:35-7:20	Total Gym Foundations	9/9-9/30	Mike	C

#### THURSDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
6:15-6:45	TRX® Cardio Circuit	9/10-10/1	Lonnie	D
<b>PM Classes</b>				
12:10-12:45	Y-Blitz	9/10-10/29	Mike	B
5:35-6:10	Y-Blitz	9/10-10/29	Mike	B

#### FRIDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
5:10-5:55	Y-Functional Fit Camp	9/11-10/2	Ellie	B
12:10-12:45	TRX® Group	9/11-10/2	Mike	D

#### SATURDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
9:00-10:00	Y-Beach Camp	9/12-10/3	Lonnie & Squad	TBA

#### SUNDAY

Time	Class	Date	Instructor	Location
<b>AM Classes</b>				
9:00-10:00	Y-Beach Camp	9/13-10/4	Lonnie & Squad	TBA

#### Package Descriptions

**Functional Fitness** Choose two months of TRX® classes (one class set) and take advantage of two months of unlimited Y-Kettlebell and Y-Blitz classes, all for just \$95.

Questions?

Contact Travis Halena, Fitness Director at 414-274-0837 or [thalena@ymcamke.org](mailto:thalena@ymcamke.org)

**Y-BEACH CAMP**

MONTH - TO - MONTH REGISTRATION

\$49 per month

September

# CLASS DESCRIPTIONS

Not sure what to try? Check these out!

**TRX® Cardio Circuit** This 30 minute class will up the intensity from core and pack in high intensity cardio intervals in the classroom as well as the total body strengthening workout provided by the suspension trainer.

**\*Y-Beach Camp** 60 minutes. This session will take you through the sand, wooded trails, parks, and other special city locations. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness.

**Y-Blitz** An all out fitness war in only 35 minutes. Blitz will provide the CrossFit style workouts that you are looking for. Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Unlimited Y-Blitz at \$25 for 2 month session.

**Y-Functional Fit Camp** Kettle Bell and TRX® suspension training meets indoor boot camp. This class meets 3 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.

**Total Gym Foundations** 35 or 45 minutes. Low impact total body workout setting up the foundations of using our Total Gym equipment. Muscular endurance and strength are pushed to the limit in this class.

**\*TRX® Group** 35 minutes. This class is a dynamic, challenging mix of TRX® Core, TRX® Cardio Circuit, TRX® Fusion, and TRX® Strength Zone. The focus will change every week in order to get the most out of your time on the straps.

**TRX® Cardio Circuit**  
Thursday 6:15AM **\$15**

**Total Gym Foundations**  
**\$35 per class; \$25 per additional class**  
Monday/Wednesday  
6:15-7:00AM  
12:10-12:45PM  
5:45-6:30PM  
6:35-7:20PM

**Y-Blitz \$25**  
Unlimited for session 7/7-8/27

**Y-Beach Camp \$49**  
Saturday 9:00AM  
Sunday 9:00AM

**Y-Functional Fit camp \$49**  
Mon/Wed/Fri 5:10-5:55AM

Questions? Contact **Travis Halena**, Fitness Director, at [thalena@ymcamke.org](mailto:thalena@ymcamke.org) or 414-274-0837