



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH SMALL GROUP TRAINING SCHEDULE

March 7-April 2

DOWNTOWN YMCA

MONDAY

Time	Class	Date	Instructor	Location
AM				
5:10-5:55	Y-Functional Fit Camp	3/7-3/28	Ellie	Studio B
6:15-6:55	Total Gym Foundations	3/7-3/28	Ellie	Studio C
12:10-12:45	Total Gym Foundations	3/7-3/28	Lonnie	Studio C
PM				
5:45-6:30	Total Gym Advanced	3/7-3/28	Lonnie	Studio C
5:45-6:10	Y-Blitz	3/7-3/28	Mike	Studio B
6:35-7:20	Total Gym Advanced	3/7-3/28	Lonnie	Studio C

TUESDAY

Time	Class	Date	Instructor	Location
AM				
12:10-12:45	Y-Blitz	3/1-4/30	Mike	Studio D
PM				
5:35-6:10	Y-Blitz	3/1-4/30	Mike	Studio D
6:35-7:20	Total Gym Foundations	3/1-4/30	Mike	Studio C

WEDNESDAY

Time	Class	Date	Instructor	Location
AM				
5:10-5:55	Y-Functional Fit Camp	3/9-3/30	Ellie	Studio B
6:15-6:55	Total Gym Foundations	3/9-3/30	Ellie	Studio C
12:10-12:45	Total Gym Foundations	3/9-3/30	Mike	Studio C
PM				

THURSDAY

Time	Class	Date	Instructor	Location
AM				
12:10-12:45	Y-Blitz	3/10-3/31	Lonnie	Studio B
PM				
5:35-6:10	Y-Blitz	3/10-3/31	Mike	Studio B

FRIDAY

Time	Class	Date	Instructor	Location
AM				
5:10-5:55	Y-Functional Fit Camp	3/11-3/25	Lonnie	Studio B
PM				
12:10-12:55	Suspended Motion	3/11-4/1	Lonnie/ Mike	SG Studio

SATURDAY

Time	Class	Date	Instructor	Location
AM				
9:00-9:35	Y-Blitz	3/5-4/2	Lonnie/ Mike	Studio D

CHECK OUT THE NEW PRICE FOR TOTAL GYM!

Total Gym Foundations:

\$25 1x/week

\$40 2x/week

per month

Suspended Motion:

(TRX® & Total Gym combo)

\$25 1x/Week

\$40 2x/Week

per month

TRX® Interval Circuit:

\$15 1x/week

\$25 2x/week

per month

Y-Functional Fit Camp:

\$49 per month

Y-Blitz:

\$25 unlimited

per Session

Questions?

Contact Lonnie L Watts, Product Executive Group
Exercise at lwatts@ymcamke.org



CLASS DESCRIPTIONS

Not sure what to try? Check out these classes!

Suspended Motion (TRX® & Total Gym): This 45 minute class utilizes both the Total Gym machine and TRX® straps. Using only your body weight you will be pushed to a new limit!

Total Gym Foundations (Level 1 and 2) 35-45 minutes– This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

Y-Blitz The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

Y-Functional Fit Camp Kettle Bell and TRX Suspension training meets indoor boot camp. This class meet 2 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 shape fro everyday life. \$49 for the month.