



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING SCHEDULE DOWNTOWN YMCA May 2nd-May 28th

MONDAY

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

TUESDAY

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

WEDNESDAY

Time	Class	Instructor	Location
AM			
5:10-5:55	Y-Functional Fit Camp	Ellie	Studio B
PM			

THURSDAY

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

FRIDAY

Time	Class	Instructor	Location
AM			
5:10-5:55	Y-Functional Fit Camp	Lonnie	Studio B
PM			
12:10-12:55	Suspended Motion (TRX® Total Gym)	Mike/ Lonnie	SG Studio

SATURDAY

Time	Class	Instructor	Location
AM			
9:00-9:35	Y-Blitz	Mike/ Lonnie	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 Michael Stevenson, Group Ex. Coordinator at



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CLASS DESCRIPTIONS

Not sure what to try? Check out the classes below!

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.