



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTEMBER SMALL GROUP TRAINING SCHEDULE DOWNTOWN YMCA September 12–October 30

## MONDAY

Time	Class	Instructor	Location
<b>AM</b>			
6:00–6:45	Y-Functional Fit Camp	Ellie	Studio D
<b>PM</b>			
5:45–6:30	Total Gym Advanced	TBA	Studio C
5:45–6:20	Y-Blitz	Lonnie	Studio B

## TUESDAY

Time	Class	Instructor	Location
<b>AM</b>			
12:10–12:45	Y-Blitz	Rotates	Studio D
<b>PM</b>			
5:35–6:10	Y-Blitz	Rotates	Studio D

## THURSDAY

Time	Class	Instructor	Location
<b>AM</b>			
6:00–6:45	Y-Functional Fit Camp	Ellie	Studio B
12:10–12:45	Y-Blitz	Rotates	Studio B
<b>PM</b>			
5:35–6:10	Y-Blitz	Rotates	Studio B

## FRIDAY

Time	Class	Instructor	Location
<b>PM</b>			
12:10–12:50	Suspended Motion (TRX® Total Gym)	Lonnie	SG Studio

## SATURDAY & SUNDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00–10:00	Y-Beach Camp	Lonnie & Co.	Beach

Questions?

Contact Lonnie Watts @ [lwatts@ymcamke.org](mailto:lwatts@ymcamke.org)

## CHECK OUT THE NEW PRICE FOR TOTAL

### 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



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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.