



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP TRAINING SCHEDULE DOWNTOWN YMCA November 7–December 4

## MONDAY

Time	Class	Instructor	Location
<b>AM</b>			
6:00–6:45	Y-Functional Fit Camp	Lonnie	Studio D
<b>PM</b>			
5:45–6:30	Total Gym Level Two	Rob	Studio C
5:45–6:20	Y-Blitz	Lonnie	Studio B
6:35–7:15	Suspended Motion (TRX® Total Gym)	Rob/Lonnie	Studio D

## TUESDAY

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

## 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

### Suspended Circuit:

\$25 per month

### Y-Functional Fit Camp:

\$49 per month

### Y-Blitz:

\$25 unlimited

per session (2 months)

## THURSDAY

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

## FRIDAY

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

## SATURDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00–9:35	Y-Blitz	Lonnie	Studio D

## SUNDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00–9:45	Suspended Circuit (TRX® Total Gym)	Lonnie	Studio D

Questions?

Contact Laura Becker @ 414-274-0828

or lbecker@ymcamke.org



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# CLASS DESCRIPTIONS

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

**Suspended Motion (TRX® & Total Gym):** This 40 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) This 45 minute 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 meets 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 for everyday life.