



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP TRAINING SCHEDULE

RITE-HITE FAMILY YMCA Dec 5th—Jan 1st

Total Gym/ TRX®/Xtricity-Connexus/Y-Functional Fit Camp

## MONDAY

Time	Class	Instructor	Location
<b>AM</b>			
10:15-11:00	Total Gym Foundations	Rob	Studio 3

## TUESDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
9:15-10:10	Xtricity strYkeForce	Lonnie/Ricardo	SG Studio
10:25-10:55	TRX® Interval Circuit	Lonnie/Ricardo	SG Studio
<b>PM</b>			
5:30-6:15	Total Gym Advanced	Lonnie	Studio 3
6:30-7:25	Xtricity strYkeForce	Lonnie/Ricardo	SG Studio

## WEDNESDAY

Time	Class	Instructor	Location
<b>AM</b>			
8:30-9:15	Total Gym Foundations	Rob	Studio 3
9:00-9:55	Xtricity strYkeForce	Shanda	SG Studio
10:10-10:40	Xtricity Circuit Training	Shanda	SG Studio
<b>PM</b>			
5:45-6:30	Xtricity Circuit Training	Kou	SG Studio

## THURSDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
9:15-10:10	Xtricity strYkeForce	Lonnie/Ricardo	SG Studio
10:25-10:55	TRX® Foundations	Lonnie/Ricardo	SG Studio
<b>PM</b>			
5:30-6:15	Total Gym Advanced	Lonnie	Studio 3
6:30-7:25	Xtricity strYkeForce	Lonnie/Ricardo	SG Studio

# CLASS DESCRIPTIONS

## Not sure what to try? Check these out!

**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.

**Xtricity strYkeForce!** Impact based Fitness Boxing is finally arrived! Now you can truly get into the fight with the premier of the Milwaukee YMCA's exclusive Fitness boxing program. Our trained and certified instructors will guide participants through traditional and advanced boxing specific calisthenics, sparring, shadow and heavy bag drills. Each class module will focus on building multiple striking techniques that will help pound through offensive and defensive fight patterns. Participants will be striking (punching) and spotting (holding) a heavy bag through out the work and must be comfortable with impact and partner work phases. This class will change your body and get you Fight ready by increasing your speed, power and endurance. Communal heavy bag gloves will be available for this class, however it is recommended that participants provide their own wraps and gloves. This module is perfect for any one that is looking to diversify their routine.

**TRX® Foundations** This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect.

### TRX®

- \$15 1x/week per month
- \$25 2x/week per month
- \$15 1x/week per month
- \$25 2x/week per month

### Total Gym

- \$25 1x/week per month
- \$40 2x/week per month
- Xtricity**
- \$25 1x/Week Per month
- \$40 2x/Week per month

**Questions? Contact**  
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