



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECEMBER SMALL GROUP TRAINING SCHEDULE DOWNTOWN YMCA January 9 – February 5

MONDAY

Time	Class	Instructor	Location
AM			
6:00-6:45	Y-Functional Fit Camp	Laura	Studio D
PM			
5:45-6:30	Total Gym Level Two	Ricardo	Studio C
5:45-6:20	Y-Blitz	Enrique	Studio B
6:35-7:15	Total Gym/TRX® Suspended Motion	Ricardo	Studio C

TUESDAY

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

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:

\$40 per month

Y-Blitz:

\$25 unlimited

per session (2 months)

THURSDAY

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

FRIDAY

Time	Class	Instructor	Location
PM			
12:10-12:50	Total Gym/TRX® Suspended Circuit	Lonnie	Studio C

SATURDAY

Time	Class	Instructor	Location
AM			
9:00-9:35	Y-Blitz	Lonnie	Studio D

SUNDAY

Time	Class	Instructor	Location
AM			
9:00-9:45	Total Gym/TRX® Suspended Circuit	Lonnie	Studio C

Questions?
Contact Laura Becker @ 414-274-0828
or lbecker@ymcamke.org



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CLASS DESCRIPTIONS

Not sure what to try? Check these out!

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.