



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTEMBER SMALL GROUP TRAINING SCHEDULE

## DOWNTOWN YMCA

### November 6th–December 3rd

#### MONDAY

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

#### TUESDAY

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

#### WEDNESDAY

Time	Class	Instructor	Location
<b>PM</b>			
6:00-6:45	Combat Camp	Ricardo	Studio C
12:10-12:55	Combat Camp	Ricardo	Studio C
5:35-6:20	strYkeForce (middleweight)	Ricardo	Studio C

**Combat Camp:**  
1x/week  
\$40 2x/week (per month)  
(ask about special prices for Fit Camp participants)

**strYkeForce:**  
\$25 1x/week  
\$40 2x/week (per month)

**\$25 Suspended Circuit:**  
\$25 (per month)

**Y-Functional Fit Camp:**  
\$40 (per month)

**Y-Blitz:**  
\$25 unlimited  
per session (2 months)

**TRX Core:**  
\$15 1/week  
\$25 2x/week (per month)

#### THURSDAY

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

#### FRIDAY

Time	Class	Instructor	Location
<b>PM</b>			
12:10-12:50	Total Gym/TRX® Suspended Circuit	Ricardo	Studio D
5:35-6:20	strYkeForce (middleweight)	Ricardo	Studio C

#### SATURDAY

Time	Class	Instructor	Location
<b>AM</b>			
8:00-8:45	Combat Camp	Ricardo	Studio C
9:00-9:35	Y-Blitz	Laura	Studio B
10:15-10:45	TRX® Core	Trish	D

#### SUNDAY

Time	Class	Instructor	Location
<b>AM</b>			
8:15-9:00	Total Gym/TRX® Suspended Motion	Lonnie/ Ricardo	Studio D

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

Ask about special pricing when you sign up for a class for three months!



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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!

**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.

**\*strYkeForce:** Get in the fight with this martial arts inspired impact boxing class using our Matrix Connexus. You will be punching and kicking your way into fitness!

**\*Combat Camp:** This boot camp uses our Matrix Connexus. 45 minutes of kickboxing drills and martial arts inspired exercises to mix up your normal workout routine!

**TRX® Core:** This extreme core workout is designed to offer you a mix of strength, core stability, and balance exercises using your own bodyweight. Using TRX Suspension training, it will give you the ultimate challenge your core has been waiting for!

### Questions?

Contact Laura Becker at 414-274-0828  
or [lbecker@ymcamke.org](mailto:lbecker@ymcamke.org)