



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING SCHEDULE

RITE-HITE FAMILY YMCA

DECEMBER 3RD - DECEMBER 30TH

TUESDAY

Time	Class	Instructor	Location
AM			
5:30-6:15	Y Functional Fit Camp	Shanda	SG Studio
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
9:15-10:15	Xtricity strYkeForce	Lonnie	SG Studio
PM			
5:30-6:15	Total Gym Advanced	Timeka	Studio 3
6:30-7:15	Xtricity strYkeForce	Timeka	Studio 3

WEDNESDAY

Time	Class	Instructor	Location
AM			
9:30-10:15	StrYkeforce Lightweight	Shanda	SG Studio
10:30-11:00	Xtricity Circuit	Shanda	SG Studio

THURSDAY

Time	Class	Instructor	Location
AM			
5:30-6:15	Y Functional Fit Camp	Timeka	SG Studio
9:00-9:45	Total Gym Foundations	Timeka	Studio 3
9:15-10:15	Xtricity strYkeForce	Lonnie	SG Studio
PM			
5:30-6:15	Total Gym	Timeka	Studio 3
6:30-7:15	Xtricity strYkeForce	Timeka	SG Studio

FRIDAY

Time	Class	Instructor	Location
AM			
5:30-6:15	Combat Camp	Shanda	SG Studio

SATURDAY

Time	Class	Instructor	Location
AM			
8:00-8:45	Fit-Camp	Timeka	SG Studio
9:00-9:45	Total Gym	Timeka	Studio 3

Y-Functional Fit Camp:

\$49 2x/Week Per Month

\$100 per 3 months

Total Gym:

\$25 1x/week per month

\$40 2x/week per month

Xtricity strYkeForce:

\$25 1x/week per month

\$40 2x/week per month

\$100 per 3 months

Combat Camp:

\$25 1x/week

ask about special pricing for Fit-Camp participants

Xtricity Circuit:

\$25 1x/week per month

\$60 per 3 months

QUESTIONS? Contact Timeka Boone,
Group Exercise Coordinator
tboone@ymcamke.org or 414.374.9405



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CLASS DESCRIPTIONS

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

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 has 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.

Xtricity Circuit Breaker-The ultimate evolution in cross training has arrived. Our trained and certified instructors will guide participants through intense multi-layered progressive training dynamics. Each class is uniquely different and designed to catapult participants to a new threshold of athletic performance. Advanced sports specific, explosive power and speed dynamic training modules will help participants barrel through their plateau and increase their overall level of fitness. Expect to be challenged to your physical limits as you power through each circuit. This ADVANCED Performance module is perfect for individuals who have a solid and successful work out regime and want to progress their level of fitness.

Y-Functional Fit Camp-Kettle Bell, Total Gym, 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 better shape for everyday life. \$49 for the month.