



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JANUARY SMALL GROUP TRAINING SCHEDULE

## DOWNTOWN YMCA

### January 7th–February 3rd

#### MONDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:15–6:00	Y Basic Training Camp	Enrique	Studio B
6:00–6:45	Y Functional Fit Camp	Enrique	Studio B
<b>PM</b>			
3:30–4:15	Y Kettlebell Boot Camp	PJ	Studio B
4:30–5:15	Y Functional Fit Camp	PJ	Studio B
5:30–6:15	strYkeForce (middleweight)	Laura	Studio C

#### TUESDAY

Time	Class	Instructor	Location
<b>AM</b>			
6:00–6:45	Combat Camp	Enrique	Studio C
<b>PM</b>			
12:10–12:45	Y Blitz	Laura	Studio B
3:30–4:15	Combat Camp	TBA	Studio C
4:30–5:15	Combat Camp	TBA	Studio C
5:35–6:10	Y Blitz	Phil	Studio B

#### WEDNESDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:15–6:00	Y Basic Training Camp	Enrique	Studio B
6:00–6:45	Y Functional Fit Camp	Sierra	Studio B
<b>PM</b>			
12:10–12:55	Combat Camp	Laura	Studio C
3:30–4:15	Y Kettlebell Boot Camp	PJ	Studio B
4:30–5:15	Y Functional Fit Camp	PJ	Studio B

\*Pricing on back of page.

#### THURSDAY

Time	Class	Instructor	Location
<b>AM</b>			
6:00–6:45	Combat Camp	Enrique	Studio C
<b>PM</b>			
12:10–12:45	Y Blitz	Laura	Studio B
3:30–4:15	Combat Camp	TBA	Studio C
4:30–5:15	Combat Camp	TBA	Studio C
5:35–6:10	Y Blitz	Phil	Studio B

#### FRIDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:30–6:15	Y Cycle Boot Camp	Enrique	Studio F
<b>PM</b>			
12:10–12:55	Combat Camp	Laura	Studio C
5:35–6:20	strYkeForce (middleweight)	Ricardo	Studio C

#### SATURDAY

Time	Class	Instructor	Location
<b>AM</b>			
7:00–7:45	Y Functional Fit Camp	Ricardo	Studio B
8:00–8:45	Y Cycle Boot Camp	Madi	Studio F
9:00–9:35	Y Blitz	Laura	Studio B
9:00–9:45	Combat Camp	Enrique/ Dominique	Studio C

#### SUNDAY

Time	Class	Instructor	Location
<b>AM</b>			
8:15–9:00	Combat Camp	Laura/Ricardo	Studio C
9:15–10:00	Y Kettlebell Boot Camp	Laura/PJ	Studio B
9:30–10:15	Combat Camp	Laura/Ricardo	Studio C

Questions?  
Contact Laura Becker at [lbecker@ymcamke.org](mailto:lbecker@ymcamke.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLASS DESCRIPTIONS

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

**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.

**\$25 unlimited per session (2 months)**

**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 all about functional training to get you in shape for everyday life.

**\$40 2x/week (per month)**

**Y Basic Training Camp:** The Perfect starting point for people interested in improving their fitness and reaching certain goals. This is a great class for those who are new or returning to a structured workout program.

**\$40 2x/week (per month)**

**strYkeForce:** Get in the fight with this martial arts inspired impact boxing class! You will be punching and kicking your way into better shape with timed drills and combinations, and increasing difficulty as you progress!

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

**Combat Camp:** This 45-minute boot camp class is a combination of impact kickboxing drills, martial arts inspired exercises, and drills using other equipment to mix up your normal workout routine!

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

**Y Kettlebell Boot Camp:** Specialty boot camp class utilizing kettlebells. Get ready for drills, ladders, and boot camp craziness, all while learning about correct form and technique with kettlebells. Great for all fitness levels!

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

**Y Cycle Boot Camp:** Specialty boot camp utilizing stationary cycling bikes. Great for all fitness levels!

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

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

### Questions?

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