

SMALL GROUP TRIANING SCHEDULE

RITE-HITE FAMILY YMCA

WINTER 1

January 5 - February 28



TUESDAY

Time	Class	Location	Instructor
5:30-6:15 AM	Y Functional Fit Camp	SG Studio	Shanda
8:30-9:15	Total Gym® Foundations	Studio 4	Shanda
9:15-10:10	Xtricity StrYkeForce	SG Studio	Lonnie
9:20-10:05	Total Gym® Foundations	Studio 4	Shanda

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30-6:15 AM	Y Functional Fit Camp	SG Studio	Manny
8:30-9:15	Total Gym® Foundations	Studio 4	Shanda
9:15-10:10	Xtricity strYkeForce	SG Studio	Lonnie
9:20-10:05	Total Gym® Foundations	Studio 4	Shanda

FRIDAY

5:30-6:15 AM	Combat Camp	SG Studio	Shanda
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Questions: Contact Andria Hall at ahall@ymcamke.org
414.374.9405

CLASS DESCRIPTIONS

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.

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 better shape for everyday life. \$49 for the month.

Total Gym Foundations- 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.

Combat Camp This boot camp is 45 minutes of kickboxing drills and martial arts inspired exercises to mix up your normal workout routine!

Fee: (Program runs monthly)

Y-Member	\$25 1 day a week	\$40 2 days a week
Program Member	\$40 1 day a week	\$60 2 days a week (All Fee Based programs runs monthly)