



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OCTOBER SMALL GROUP TRAINING SCHEDULE

DOWNTOWN YMCA

September 30th–October 27th

**Pricing on back of page.*

MONDAY

Time	Class	Instructor	Location
AM			
5:15–6:00	Y Basic Training Camp	Enrique	Studio B
6:05–6:50	Y Functional Fit Camp	Enrique	Studio B
PM			
4:15–5:00	Y Basic Training Camp	Laura	Studio B
5:30–6:15	strYkeForce (middleweight)	Laura	Studio C
6:20–7:05	Total Gym Foundations (Level 1)	Laura	Studio C

TUESDAY

Time	Class	Instructor	Location
AM			
6:00–6:45	Combat Camp	Enrique	Studio C
PM			
12:10–12:45	Y Blitz	Laura	Studio B
5:35–6:10	Y Blitz	Laura	Studio B
6:45–7:30	TRX® Foundations	TBA	Studio D

WEDNESDAY

Time	Class	Instructor	Location
AM			
5:15–6:00	Y Basic Training Camp	Enrique	Studio B
6:05–6:50	Y Functional Fit Camp	Enrique	Studio B
PM			
12:10–12:55	Combat Camp	Laura	Studio C
4:15–5:00	Y Basic Training Camp	Ricardo	Studio B
5:30–6:15	strYkeForce (middleweight)	Ricardo	Studio C

THURSDAY

Time	Class	Instructor	Location
AM			
6:00–6:45	Combat Camp	Enrique	Studio C
PM			
12:10–12:45	Y Blitz	Laura	Studio B
5:35–6:10	Y Blitz	Laura	Studio B
6:45–7:30	TRX® Foundations	TBA	Studio D

FRIDAY

Time	Class	Instructor	Location
AM			
5:15–6:00	Y Cycle Boot Camp	Enrique	Studio F
PM			
12:10–12:55	Combat Camp	Laura	Studio C

SATURDAY

Time	Class	Instructor	Location
AM			
9:00–9:35	Y Blitz	Enrique	Studio B

SUNDAY

Time	Class	Instructor	Location
AM			
9:00–9:35	Y Blitz	Laura	Studio B
9:45–10:30	Suspended Motion	Laura	Studio C



**Questions?
Contact Laura Becker at lbecker@ymcamke.org**

**Classes may be subject to cancellation if required participation number is not met before start date.*



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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)

Total Gym Foundations: 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.

\$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