



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER SMALL GROUP TRAINING SCHEDULE DOWNTOWN YMCA

October 28th–November 24th

**Pricing on back of page.*

MONDAY

Time	Class	Instructor	Location
AM			
5:15–6:00	YBasic Training Camp	Enrique	Studio B
6:05–6:50	Functional Fit Camp	Enrique	Studio B
PM			
4:15–5:00	YBasic Training Camp	Angela	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	Ricardo	Studio C
PM			
12:10–12:45	YBlitz	Laura	Studio B
5:35–6:10	Blitz	Laura/Olu	Studio B
6:45–7:15	TRX@ Foundations	Laura	Studio D

WEDNESDAY

Time	Class	Instructor	Location
AM			
5:15–6:00	YBasic Training Camp	Enrique	Studio B
6:05–6:50	YFunctional Fit Camp	Enrique	Studio B
PM			
12:10–12:55	Combat Camp	Laura	Studio C
4:15–5:00	YBasic 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	Ricardo	Studio C
PM			
12:10–12:45	YBlitz	Laura	Studio B
5:35–6:10	YBlitz	Laura/Jena	Studio B
6:00–6:45	hYpecYcle	Jessica	Studio F
6:45–7:15	TRX@ Foundations	Laura	Studio D

FRIDAY

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

SATURDAY

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

SUNDAY

Time	Class	Instructor	Location
AM			
9:00–9:35	YBlitz	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!

YBlitz: 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)

YFunctional 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)

YBasic 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)

YCycle 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)

Suspended Motion (TRX® & Total Gym®): This class utilizes both the Total Gym® machine and TRX® straps. Using only your body weight you will be pushed to a new limit!

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

hYpecYcle: Get lost in the motivating music and let the high-energy atmosphere push you to challenge your body out of its comfort zone! This cycling class is unlike any other, incorporating music you'll want to sing along to and upper body movements for 45 minutes of fun.

\$25 unlimited per session (2 months, also includes slaYbells at our other centers)

TRX® Foundations: This is a results driven, full body conditioning experience like no other! TRX® Foundations will give you the effective workout you've been looking for, using your bodyweight to improve strength, balance, core stability, and flexibility all at once. Great for all fitness levels, this class covers basic exercises and form.

\$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