FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY Small Group Training Schedule
TRX®/ Y-Kettle Bell/ Y-Blitz
Downtown

SUNDAY

Time	Class	Date	Instructor
AM Classes			
9:00-9:45	TRX® Kettle Bell	May 5-26	Travis
10:15-11:00	Y Kettle Bell Basics	May 5-26	Travis

MONDAY

Time	Class	Date	Instructor
AM Classes			
5:15-5:45	TRX® Cardio Circuit	May 6-31	Caprice
7:10-7:40	TRX® Cardio Circuit	May 6-31	Lonnie
PM Classes			
6:35-7:20	Y Kettle Bell Basics	May 6-31	Travis/Caprice

TUESDAY

Time	Class	Date	Instructor
AM Classes			
7:10-7:30	TRX® Core	May 7-28	Lonnie
PM Classes			
12:10-12:45	Y-Blitz	Apr 30-Jun 25	Travis
5:35-6:10	Y-Blitz	Apr 30-Jun 25	Lonnie
6:15-6:50	Y Kettle Bell GX	May 7-28	Lonnie/Sami
7:55-8:15	TRX® Core	May 7-28	Nicole

WEDNESDAY

Time	Class	Date	Instructor
AM Classes			
5:15-5:45	TRX® Cardio Circuit	May 8-29	Caprice
7:10-7:40	TRX® Cardio Circuit	May 8-29	Lonnie
11:15-12:00	Y Kettle Bell GX	May 8-29	Lonnie
PM Classes			
6:45-7:30	TRX® Kettle Bell	May 8-29	Travis

THURSDAY

Time	Class	Date	Instructor
AM Classes			
7:10-7:40	TRX® Core	May 9-30	Lonnie
PM Classes			
12:10-12:45	Y-Blitz	May 2-Jun 27	Travis
5:35-6:10	Y-Blitz	May 2-Jun 27	Lonnie/Sami
6:15-6:50	Y Kettle Bell GX	May 9-30	Lonnie/Sami
6:55-7:40	Y Kettle Bell Basics	May 9-30	Lonnie/Travis
7:55-8:15	TRX® Core	May 9-30	Nicole

FRIDAY

Time	Class	Date	Instructor
AM Classes			
PM Classes			
12:10-12:55	TRX® Fusion	May10-31	Travis

Saturday

Time	Class	Date	Instructor
9-9:35	Y-Blitz	May 4-25	Travis

TRX® Core
Tues/Thurs 7:05 AM—$40
Tues/Thurs 7:55 pm-$40

TRX® sessions run monthly

TRX® Kettle Bell
Wed 6:45 PM-$40
Sun 09:00 Am-$40

TRX® Fusion
Fri 12:10 PM -$40

Y-Kettle Bell Basics
Unlimited for the Month-$25
May session Apr 29-May 26

Y-Kettle Bell GX
Unlimited for the Month-$30
May session May 6-30

Y-Blitz
Unlimited for the session-$25
Spring session Apr 30-June 30

Functional Fitness Package $115
2 months of TRX® (Choose 1 class set for each month)
2 months of Y-Kettle Bell training (unlimited monthly)
2 months of Y-Blitz (1 Session long unlimited Schedule)

Questions/comments in regards to group exercise please contact
Travis Halena-Group Exercise Coordinator
@: Thalena@ymcamke.org or (414) 274-0837

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

Not sure what to try? Check these out!

TRX® Core: This 20 minute introduction to suspension training focuses on the core and it's role in stabilizing your entire body. By working against your own bodyweight you will strengthen your entire body with the core as your centerpiece. Learn to control your entire body in a completely different way.
TRX® Cardio Circuit: This 30 minute class will up the intensity from core and pack in high intensity cardio intervals in the classroom as well as the total body strengthening workout provided by the suspension trainer.
TRX® Fusion: The ultimate challenge for your fitness in our TRX® modules. 45 minutes of total body strengthening, core sculpting, and cardio awesomeness. This class gives the opportunity to use extra equipment including bosu balls, medicine balls, weights, and more. Extra upper body strength building and the more advanced technique will come into play in this class.
Kettle Bell Basics: Master kettle bell technique and form in this 45 minute class that focuses on setting up the basic moves of kettle bell momentum training. A low-impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout. Just because it is called basics does not mean it won't be a challenging great workout!
Kettle bell GX: Take your kettle bell skills to the next level in this 35 minute advanced technique class. Learn to use two kettle bells at once and engage your entire body at all times. Sculpt your muscles and burn fat all while getting a great conditioning workout.
TRX® Kettle bell: Interested in TRX® and kettle bell but not sure which one to try? Why not both! In the ultimate functional fitness class we combine kettle bell basics and TRX® suspension training. Spend time suspension training and kettle bell momentum training separately in class and finally mix them both together for the best total body workout you could ask for. This class will improve your strength, flexibility, core, and endurance and will have your beach body ready for summer.
Y-Blitz: An all out fitness war in only 35 minutes. Blitz will provide the crossfit style workouts that you are looking for . Using everything from weights to tires it will elevate your overall fitness and be a plateau buster. Blitz will attack every facet of fitness using athletic inspired drills. These are the workouts you will not be able to do on your own in the center so come get blitzed!