



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SEPTEMBER SMALL GROUP TRAINING SCHEDULE

## RITE-HITE FAMILY YMCA (updated)

### Total Gym/ TRX®/ Y-Kettlebell/ Connexus

#### MONDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
9:00-9:45	Xtricity Parallels	9/7-9/28	Lonnie	SG Studio
9:30-10:15	Total Gym Foundations	9/7-9/28	Aet	Studio 3
11:10-11:50	Xtricity Circuit Breaker	9/7-9/28	Lonnie	SG Studio
<b>PM</b>				
5:45-6:10	TRX® Core Performance	9/7-9/28	Laura/Kou	SG Studio
6:15-6:45	TRX® Foundations	9/7-9/28	Laura/Kou	SG Studio
6:30-7:15pm	Total Gym Foundations	9/7-9/28	TBD	Studio 3

#### TUESDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
9:00-9:45	Total Gym Foundations	9/8-9/29	Aet	Studio 3
9:15-10:10	Xtrictiy strYkeForce	9/8-9/29	Lonnie	SG Studio
10:25-10:55	TRX® Foundations	9/8-9/29	Lonnie	SG Studio
<b>PM</b>				
5:30-6:15	Total Gym Foundations	9/8-9/29	Lonnie	Studio 3
5:45-6:15	TRX® Foundations	9/8-9/29	Laura	SG Studio
6:30-7:20	Xtrictiy strYkeForce	9/8-9/29	Lonnie	SG Studio
6:35-7:20	Y-Kettlebell Foundations	9/8-9/29	Gwen	Studio 2

#### WEDNESDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
8:30-9:15	Total Gym Foundations	9/9-9/30	Aet	Studio 3
9:00-9:45	Xtricity Parallels	9/9-9/30	Lonnie	SG Studio
9:30-10:15	Total Gym Foundations	9/9-9/30	Aet	Studio 3
11:10-11:50	Xtricity Circuit Breaker	9/9-9/30	Lonnie	SG Studio
<b>PM</b>				
5:45-6:10	TRX® Core Performance	9/9-9/30	Kou	SG Studio
6:15-6:45	TRX® Foundations	9/9-9/30	Kou	SG Studio
6:30-7:15	Total Gym	9/9-9/30	TBD	Studio 3

#### THURSDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
9:00-9:45	Total Gym Foundations	9/10-10/1	Aet	Studio 3
9:15-10:10	Xtrictiy strYkeForce	9/10-10/1	Lonnie	SG Studio
10:25-10:55	TRX® Foundations	9/10-10/1	Lonnie	SG Studio
<b>PM</b>				
5:30-6:15	Total Gym Foundations	9/10-10/1	Lonnie	Studio 3
5:45-6:15	TRX® Foundations	9/10-10/1	Laura	SG Studio
6:30-7:20	Xtrictiy strYkeForce	9/10-10/1	Lonnie	SG Studio
6:35-7:20	Y-Kettlebell Foundations	9/10-10/1	Iris	Studio 2

#### FRIDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
9:30-10:15	Total Gym Foundations	9/12-10/2	Aet	Studio 3

#### SATURDAY

Time	Class	Date	Instructor	Location
<b>AM</b>				
8:15-9:00	Total Gym Foundations	9/12-10/3	Karen	Studio 3
9:15-9:45	TRX® Core	9/12-10/3	Kou/Laura	SG Studio
10:00-10:40	Xtricity Parallels	9/12-10/3	TBD	SG Studio
10:00-10:45	Total Gym Foundations	9/12-10/3	Karen	Studio 3

**TRX® Foundations**  
\$15 1x/week | \$25 2x/week

**Total Gym Foundations**  
\$35 1x/week | \$60 2x/week

**TRX® Core Performance**  
\$15 1x/week | \$25 2x/week

**Y- Kettlebell Foundation**  
\$25

**Xtricity \$25 1x/Week**

**\$40 2x/Week**

**TRX® Core**  
\$15/week

Questions? Contact Aet Dudley , Group Exercise Manager at 414-357-2851 or adudley@ymcamke.org



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# CLASS DESCRIPTIONS

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

### **ConneXus Xtricity**

The Milwaukee YMCA is the first in the world to introduce programming on the Matrix ConneXus Perimeter System. Be one of the first people to experience the newest innovation in cross circuit and fitness boxing programming. Scientifically engineered to create diversity in your training regimen that will increase your athletic performance. Choose from two distinct platforms maximize the unique training modalities available through this revolutionary ConneXus design.

#### **Fee: (Program runs monthly)**

Member \$25 1 day a week     \$40 2 days a week

Community \$40 1 day a week     \$60 2 days a week

### **X-Circuit Training (Cross Circuit Training):**

**Parallels-** Traditional Interval Circuit training for results based fitness. Our trained and certified instructors will guide participants through stacked layers of progressive training dynamics. Each class will have specific outcome levers to maximize performance during individual work phases. Clear and focused coaching will guide participants as they toggle their training between timed and quantified circuit rounds. This module is perfect for those individuals who are interested in ramping up their work out through high and variable intensity training.

**Circuit Breaker-**The ultimate evolution in cross training has arrived. Our trained and certified instructors will guide participants through intense multi-layered progressive training dynamics. Each class is uniquely different and designed to catapult participants to a new threshold of athletic performance. Advanced sports specific, explosive power and speed dynamic training modules will help participants barrel through their plateau and increase their overall level of fitness. Expect to be challenged to your physical limits as you power through each circuit. This ADVANCED Performance module is perfect for individuals who have a solid and successful work out regime and want to progress their level of fitness.

### **Boxing Specific (Fitness Boxing)**

**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.

**Total Gym Foundations (Level 1 and 2) 35-45 minutes-** 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.

**TRX® Foundations** This 30 minute class will be a beginner pace that will focus on really learning the straps and understanding how your body works with the suspension trainer. Take the extra time to set up each move individually and focus less on the cardio aspect. Class is offered twice a week for the month long session that costs \$25 or Saturdays for once a week for \$15

**TRX® Core Performance** This 20 minute class will up the intensity a bit from basics but is still a beginner class. The cardio pace is picked up in this class while the core is the main focus the entire time. A twice a week class for the month long session that costs \$25.

**Y-Kettlebell Foundations** Master kettle bell technique and form in this 30 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. This class set is \$25 and is unlimited for the month. Includes Y-Kettlebell Interval circuit

**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.