



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP TRAINING SCHEDULE

## NORTHSIDE YMCA

### April 8th - June 30th

#### MONDAY

Time	Class	Location	Instructor
PM Classes			
4:30-5:15	Y Cycle Boot Camp	GX Studio	Antonio

#### TUESDAY

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Y Basic Training	GX Studio	Jamel
6:05-6:50	Y Basic Training	GX Studio	Jamel

PM Classes			
4:30-5:15	Y Cycle Boot Camp	GX Studio	Antonio

#### WEDNESDAY

Time	Class	Location	Instructor
PM Classes			
4:30-5:15	Y Cycle Boot Camp	GX Studio	Antonio

#### THURSDAY

Time	Class	Location	Instructor
AM Classes			
5:15-6:00	Y Basic Training	GX Studio	Jamel
6:05-6:50	Y Basic Training	GX Studio	Jamel

PM Classes			
4:30-5:15	Y Cycle Boot Camp	GX Studio	Antonio

#### SATURDAY

Time	Class	Location	Instructor
AM Classes			
9:00-9:45	Y Basic Training	GX Studio	Brittney

#### SUNDAY

Time	Class	Location	Instructor
AM Classes			
8:15-9:00	Y Cycle Boot Camp	GX Studio	Antonio

See reverse side for prices

**Questions?**  
Contact Samantha Koscielak at  
skoscielak@ymcamke.org or  
(414) 374-9456



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# CLASS DESCRIPTIONS

Not sure what to try? Check these out!

**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.

**Y Cycle Boot Camp:** Specialty boot camp utilizing stationary cycle bikes. Great for all fitness levels!

## Cost for Members:

	<u>1 Month</u>	<u>2 Months</u>	<u>3 Months</u>
1x/week :	\$25	\$40	\$55
2x/week:	\$35	\$55	\$75
3x/week:	\$40	\$65	\$90

## Cost for Community Participants:

	<u>1 Month</u>	<u>2 Months</u>	<u>3 Months</u>
1x/week :	\$40	\$70	\$100
2x/week:	\$50	\$85	\$120
3x/week:	\$55	\$95	\$130

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you not enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. We highly encourage socializing before and after class in the hallways and common areas. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to its proper storage area and alert instructor if any equipment is damaged.