

OCTOBER SMALL GROUP TRAINING SCHEDULE

DOWNTOWN YMCA



OCTOBER 5th – NOVEMBER 2nd

MONDAY

Time	Class	Date	Instructor	Location
AM Classes				
5:10-5:55	Y-Functional Fit Camp	10/5-11/2	Mike	B
6:15-7:00	Total Gym Foundations	10/5-11/2	Mike	C
PM Classes				
12:10-12:45	Total Gym Foundations	10/5-11/2	Travis	C
5:45-6:30	Total Gym Foundations	10/5-11/2	Lonnie/ Travis	C
5:45-6:15	Y-Kettlebell Interval Circuit	10/5-11/2	Mike & Olivia	B
6:35-7:20	Total Gym Foundations	10/5-11/2	Lonnie/ Travis	C
6:35-7:05	TRX® Interval Circuit	10/5-11/2	Olivia & Maryann	D

TUESDAY

Time	Class	Date	Instructor	Location
PM Classes				
12:10-12:45	Y-Blitz	9/8-10/29	Mike	D
5:35-6:10	Y-Blitz	9/8-10/29	Mike	D
6:45-7:20	Y-Kettlebell Foundations	10/5-11/2	Olivia	B

WEDNESDAY

Time	Class	Date	Instructor	Location
AM Classes				
5:10-5:55	Y-Functional Fit Camp	10/5-11/2	Travis	B
6:15-7:00	Total Gym Foundations	10/5-11/2	Travis	C
PM Classes				
12:10-12:45	Total Gym Foundations	10/5-11/2	Mike	C
5:45-6:30	Total Gym Foundations	10/5-11/2	Mike	C
6:35-7:20	Total Gym Foundations	10/5-11/2	Mike	C

THURSDAY

Time	Class	Date	Instructor	Location
AM Classes				
6:15-6:45	TRX® Cardio Circuit	10/5-11/2	Lonnie	D
PM Classes				
12:10-12:45	Y-Blitz	9/10-10/29	Mike	B
5:35-6:10	Y-Blitz	9/10-10/29	Mike	B

FRIDAY

Time	Class	Date	Instructor	Location
AM Classes				
5:10-5:55	Y-Functional Fit Camp	10/5-11/2	Ellie	B
11:30-12:05	Y-Kettlebell Foundations	10/5-11/2	Olivia	B

SATURDAY

Time	Class	Date	Instructor	Location
AM Classes				
9:00-10:00	Y-Blitz	10/5-11/2	Lonnie	D

Package Descriptions

Functional Fitness Choose two months of TRX® classes (one class set) and take advantage of two months of unlimited Y-Kettlebell and Y-Blitz classes, all for just \$95.

Questions?

Contact Olivia Parshall, Group Exercise Coordinator. at 414-274-0828 or oparshall@ymcamke.org

CLASS DESCRIPTIONS

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.

***Y-Beach Camp** 60 minutes. This session will take you through the sand, wooded trails, parks, and other special city locations. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness.

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. Unlimited Y-Blitz at \$25 for 2 month session.

Y-Functional Fit Camp Kettle Bell and TRX® suspension training meets indoor boot camp. This class meets 3 times a week for 45 minutes and will be results driven for the month. Each month has a different focus and will be all about functional training to get you in better shape for everyday life. \$49 for the month.

Total Gym Foundations 35 or 45 minutes. Low impact total body workout setting up the foundations of using our Total Gym equipment. Muscular endurance and strength are pushed to the limit in this class.

***TRX® Group** 35 minutes. This class is a dynamic, challenging mix of TRX® Core, TRX® Cardio Circuit, TRX® Fusion, and TRX® Strength Zone. The focus will change every week in order to get the most out of your time on the straps.

TRX® Cardio Circuit
Thursday 6:15AM **\$15**

Total Gym Foundations
\$35 per class; \$25 per additional class
Monday/Wednesday
6:15-7:00AM
12:10-12:45PM
5:45-6:30PM
6:35-7:20PM

Y-Blitz \$25
Unlimited for session 7/7-8/27

Y-Beach Camp \$49
Saturday 9:00AM
Sunday 9:00AM

Y-Functional Fit camp \$49
Mon/Wed/Fri 5:10-5:55AM