



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING SCHEDULE

RITE-HITE FAMILY YMCA Sept 12—Oct 9

Total Gym/ TRX®/Xtricity-Connexus/Y-Functional Fit Camp

TUESDAY

Time	Class	Instructor	Location
AM			
9:00-9:45	Total Gym	Shanda	Studio 3
9:15-10:10	Xtrictiy strYkeForce	Lonnie/Ricardo	SG Studio
10:25-10:55	TRX® Interval Circuit	Lonnie/Ricardo	SG Studio
PM			
5:30-6:15	Total Gym Advanced	Lonnie	Studio 3
6:30-7:25	Xtrictiy strYkeForce	Lonnie/Ricardo	SG Studio

THURSDAY

Time	Class	Instructor	Location
AM			
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
9:15-10:10	Xtrictiy strYkeForce	Lonnie/Ricardo	SG Studio
10:25-10:55	TRX® Foundations	Lonnie/Ricardo	SG Studio
PM			
5:30-6:15	Total Gym Advanced	Lonnie	Studio 3
6:30-7:25	Xtrictiy strYkeForce	Lonnie/Ricardo	SG Studio

SATURDAY

Time	Class	Instructor	Location
AM			
9:15-9:45	TRX® Interval Circuit	Kou	SG Studio

CLASS DESCRIPTIONS

Not sure what to try? Check these out!

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.

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.

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.

TRX®

- \$15 1x/week per month
- \$25 2x/week per month
- \$15 1x/week per month
- \$25 2x/week per month

Total Gym

- \$25 1x/week per month
- \$40 2x/week per month
- Xtricity**
- \$25 1x/Week Per month
- \$40 2x/Week per month

Questions? Contact Lonnie L Watts,
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