



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GROUP TRAINING SCHEDULE

## RITE-HITE FAMILY YMCA OCT 1ST - OCT 27TH

# SHOCKTOBER

### MONDAY

Time	Class	Instructor	Location
<b>AM</b>			
10:15-11:00	Total Gym Foundations	Shanda	Studio 3

### TUESDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:30-6:15	Y Functional Fit Camp	Shanda	SG Studio
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
9:15-10:10	Xtricity strYkeForce	Lonnie	SG Studio
<b>PM</b>			
5:30-6:15	Total Gym Advanced	Timeka	Studio 3

### WEDNESDAY

Time	Class	Instructor	Location
<b>AM</b>			
9:00-9:45	Total Gym Foundations	Shanda	Studio 3
10:00-10:45	StrYkeforce Lightweight	Shanda	SG Studio
11:00-11:30	Xtricity Circuit	Shanda	SG Studio
<b>PM</b>			
5:30-6:15	Adult Hip-Hop	Antonio	Studio 6

### THURSDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:30-6:15	Y Functional Fit Camp	Timeka	SG Studio
9:00-9:45	Total Gym Foundations	Timeka	Studio 3
9:15-10:10	Xtricity strYkeForce	Lonnie	SG Studio

### FRIDAY

Time	Class	Instructor	Location
<b>AM</b>			
5:30-6:15	Combat Camp	Shanda	Outdoors
<b>PM</b>			
5:30-6:15	Adult Hip-Hop	Antonio	Studio 6

### Y-Functional Fit Camp

\$49 2x/Week Per Month

\$100 3 Months

### Outdoor Bootcamp

\$25 2x/Week Per Month

### Total Gym

\$25 1x/week per month

\$40 2x/week per month

### Adult Hip-Hop

\$25 1x/week per month

**QUESTIONS? Contact Timeka Boone,**  
**Group Exercise Coordinator**  
**tboone@ymcamke.org or 414.374.9405**



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# 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.

**Xtricity 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.

**Xtricity 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.

**Y-Functional Fit Camp-**Kettle Bell, Total Gym, and TRX Suspension training meets indoor boot camp. This class meets 2 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.