

SMALL GROUP TRAINING SCHEDULE RITE-HITE FAMILY YMCA WINTER 2



March 4 - April 28

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15-6:00	Y-Cycle Boot Camp	Cycling Studio	Shanda
6:05-7:40	Y-Basic Training	Studio 7	Jamel
PM			
3:30-4:45	Y-Basic Training	Studio 7	Gwen
4:30-5:15	Y Functional Fit Camp	Studio 7	Gwen

TUESDAY

Time	CLASS	LOCATION	INSTRUCTOR
5:30-6:15	Y Functional Fit Camp	Sm Group Studio	Shanda
8:30-9:15	Total Gym® Foundations	Studio 4	Shanda
9:15-10:10	Xtricity StrYkeForce	Sm Group Studio	Lonnie
9:20-10:05	Total Gym® Foundations	Studio 4	Shanda
PM			
3:30-4:15	Y-Basic Training	Studio 7	Gwen

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15-6:00	Y-Cycle Boot Camp	Cycling Studio	Ebony
6:05-7:40	Y-Basic Training	Studio 7	Jamel
PM			
3:30-4:45	Y-Basic Training	Studio 7	Gwen
4:30-5:15	Y Functional Fit Camp	Studio 7	Gwen

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30-6:15	Y Functional Fit Camp	Sm Group Studio	Jamel
8:30-9:15	Total Gym® Foundations	Studio 4	Shanda
9:15-10:10	Xtricity strYkeForce	Sm Group Studio	Lonnie
9:20-10:05	Total Gym® Foundations	Studio 4	Shanda
PM			
3:30-4:15	Y-Basic Training	Studio 7	Gwen

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30-6:15	Combat Camp	Sm Group Studio	Shanda

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:00-7:45	Y-Cycle Boot Camp	Cycling Studio	Shanda/Andria
8:00-8:45	Y-Functional Fit Camp	Sm Group Studio	Kou
9:00-9:45	Y Basic Training	Sm Group Studio	Kou

**Questions: Contact Andria Hall at ahall@ymcamke.org
414.374.9405**

CLASS DESCRIPTIONS

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.

Y-Functional Fit Camp Kettle Bell 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.

Total Gym Foundations- 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.

Combat Camp This boot camp is 45 minutes of kickboxing drills and martial arts inspired exercises to mix up your normal workout routine!

***Y-Basic Training** - The perfect starting point for people interested in improving their fitness and reaching certain goals. This class is a great start for people that are new or returning to a structured workout program. Also a great option for people interested in weight loss and improving their overall health.

Fee: (Program runs monthly)

Y-Member	\$25 1 day a week	\$40 2 days a week
Program Member	\$40 1 day a week	\$60 2 days a week

(All Fee Based programs run monthly)

FEE BASED CLASSES

***Y-Cycle Boot Camp** - This boot camp is for all fitness levels and is great for people looking for a variety in their workout. Each class and instructor are different and base class around the bike to improve all aspects of fitness. You will use the bike and any combination of TRX®, Total Gym®, Kettle Bells, and various other equipment for a full body workout.

Fee	Participant	Class Length
\$45	Open to Y-Members and Non-Members	6 week session

(Includes all three classes a week)