

GROUP EXERCISE SCHEDULE

Downtown YMCA Satellite

Phase 2 November-December (starts November 16th)



MONDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|-----------|-----------|------------|
| AM | | | |
| 6:00-7:00 | BODYPUMP® | Ave Lobby | Julie |
| 11:00-12:00 | YChisel | Ave Lobby | Lonnie |
| PM | | | |
| 5:45-6:30 | YC3 | Ave Lobby | Lonnie |
| 6:35-6:55 | YCore | Ave Lobby | Lonnie |

THURSDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|----------------------|-----------|------------|
| AM | | | |
| 5:10-5:55 | YFunctional Fit Camp | Ave Lobby | Enrique |
| PM | | | |
| 12:00-12:45 | YC3 | Ave Lobby | Lonnie |
| 12:50-1:10 | YCore | Ave Lobby | Lonnie |
| 6:00-7:00 | BODYPUMP | Ave Lobby | Andrea |

TUESDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|----------------------|-----------|------------|
| AM | | | |
| 5:10-5:55 | YFunctional Fit Camp | Ave Lobby | Enrique |
| 6:00-6:45 | YStretch Flow | Ave Lobby | Emily |
| PM | | | |
| 12:00-12:45 | YC3 | Ave Lobby | Lonnie |
| 12:50-1:10 | YCore | Ave Lobby | Lonnie |
| 6:00-7:00 | BODYPUMP | Ave Lobby | TBA |

FRIDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|--------|-----------|------------|
| AM | | | |
| 6:00-6:45 | YC3 | Ave Lobby | Lonnie |
| 6:50-7:10 | YCore | Ave Lobby | Lonnie |
| 11:00-11:45 | YCycle | Ave Lobby | Lonnie |

WEDNESDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|-----------|-----------|------------|
| AM | | | |
| 6:00-7:00 | BODYPUMP® | Ave Lobby | Trish |
| 11:00-11:45 | BODYPUMP® | Ave Lobby | Lonnie |
| PM | | | |
| 5:45-6:30 | YCycle | Ave Lobby | Lonnie |
| 6:35-6:55 | YCore | Ave Lobby | Lonnie |

SATURDAY

| TIME | CLASS | LOCATION | INSTRUCTOR |
|-------------|---------------|-----------|----------------|
| AM | | | |
| 8:00-8:45 | YCycle | Ave Lobby | Lonnie |
| 9:00-10:00 | BODYPUMP® | Ave Lobby | Jessie/TBA |
| 9:15-9:50 | YBlitz | Ave Lobby | Enrique/Lonnie |
| 10:00-10:45 | YC3 | Ave Lobby | Lonnie |
| 10:50-11:10 | YCore | Ave Lobby | Lonnie |
| 11:20-12:05 | YStretch Flow | Ave Lobby | TBA |

Please note that this schedule may be subject to change. Reservations are required for each class. Please visit: www.ymcamke.org/schedules for more information or to download our reservation app.

Thank you for continuing to support our programs. We will update this schedule as additional classes

QUESTIONS? Contact Lonnie L Watts
Director of Group Fitness
lwatts@ymcamke.org or 414.274-0815

CLASS DESCRIPTIONS

ConneXus Xtricity

The Milwaukee YMCA is the first in the world to introduce programming on the Matrix ConneXus Perimeter System. Be one of the first people to experience the newest innovation in cross circuit and fitness boxing programming. Scientifically engineered to create diversity in your training regimen that will increase your athletic performance. Choose from two distinct platforms maximize the unique training modalities available through this revolutionary ConneXus design.

Fee: (Program runs monthly)

| | | |
|-----------|-------------------|--|
| Member | \$25 1 day a week | \$40 2 days a week |
| Community | \$40 1 day a week | \$60 2 days a week (All Fee Based programs runs monthly) |

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.

Boxing Specific (Fitness Boxing)

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-Chisel This class is designed to strengthen various muscle groups using hand weights, resistance bands and stabilization techniques. A full body workout that builds bone density and reshapes muscle to increase efficiency in daily activities.

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.