

SMALL GROUP TRAINING

May 2019

Classes are sold as a monthly package based on the number of days in the series. No refunds are given for missed classes, but missed classes may be made up in another small group session, provided there is space available. Make-up classes should be made in the

MONDAYS

Time	Class	Trainer	Cost
10:00-11:00am	Total Body Conditioning	Kirsten	\$60
10:15-11:00am	Total Body Conditioning	Jen	\$45
11:00am-12:00pm	TRX—Circuit	Rich	\$60
4:45-5:45pm	Teen Strength	Jen	\$60
5:00-6:00pm	Strength & Kettlebells	Nikki	\$60

TUESDAYS

Time	Class	Trainer	Cost
10:00-10:45am	Gravity - Intermediate	Claire	\$60
11:00-11:45am	Gravity - Beginner	Claire	\$60
6:00-7:00pm	Gravity - Intermediate	Nikki	\$80

WEDNESDAYS

Time	Class	Trainer	Cost
9:00-10:00am Coming in June	Women on Weights	Glenna	
9:30-10:30am	Strength & Conditioning	Lynette	\$100
10:15-11am	Total Body Conditioning	Jen	\$75
11:45am-12:45pm	Total Body Conditioning	Kirsten	\$100
7:00-8:00pm	Strength & Conditioning	Lynette	\$100

THURSDAY

Time	Class	Trainer	Cost
10:15-11:15am	Strength & Balance	Claire	\$100
10:45-11:45am	Functional Strength	Kirsten	\$100
6:00-7:00pm	TRX—Circuit	Rich	\$100
6:00-7:00pm	Strength & Conditioning	Nikki	\$100

FRIDAY

Time	Class	Trainer	Cost
8:00-9:00am	Strength & Conditioning	Lynette	\$100
9:30-10:15am	Circuit Training	Claire	\$75
10:30-11:15am	Gravity - Beginner	Claire	\$75
4:00-5:00pm Coming in June	Foundations of Strength Training	Glenna	

WEEKENDS

Time	Class	Trainer	Cost
Sun. 9:15-10a	Boxing	Jenny F	\$60

NORTHSHORE YMCA

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For more information contact
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Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.

TOTAL BODY CONDITIONING - Designed to help you improve your overall strength, muscular endurance, and body composition. Using multiple pieces of equipment like kettlebells, free weights, resistance tubing, and your own body weight, you will target all major muscle groups in a high energy format. This class is suitable for all fitness levels.

STRENGTH & CONDITIONING - Strength training exercises in a small group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.

GRAVITY® TRAINING - Low impact strength training for all fitness levels using the GTS Gravity Training System and other strength training tools in a circuit format.

TEEN STRENGTH - A basic introduction to strength training. New to exercise or just need tips on form? This is your class to build your strong foundation!

STRENGTH & KETTLEBELLS - Learn the foundations of safe and effective kettlebell training. Class benefits may include exercises targeting coordination and agility, cardio, strength, balance, stability, power, and endurance. - The exercises are functional and weight bearing, which helps increase bone density and keep the body strong for daily tasks.

FUNCTIONAL STRENGTH- Functional Strength Training class teaches and challenges all of the essential primary movement patterns for optimal health and fitness.

TRX SUSPENSION TRAINING - A method of leveraged bodyweight exercise. You will build power, strength, flexibility, balance and mobility all at the intensity you choose. TRX Plus classes add additional equipment and movements for all-over conditioning.

STRENGTH & BALANCE - Small group training led by certified personal trainer. Focus on balance and strength, goals of class guided by participants.

CIRCUIT TRAINING- Circuit training is a form of body conditioning or resistance training that targets strength building and muscle endurance. Join this high intensity class that combines strength training and cardio components. This class is great for those looking to lose weight, gain strength, or just looking for improved fitness levels.

BOXING - This small group consists of bag work, mitt work, anaerobic conditioning. Boxing is a great way to lose weight, gain muscle, gain confidence or just improve your hand-eye coordination and overall athletic prowess.

WOMEN ON WEIGHTS is a women's strength training class using various training modalities including kettlebells, barbells, dumbbells and more! This class will focus on improving joint mobility, building strength and improving posture. Participants will learn new lifting techniques to improve their overall strength for everyday life!

FOUNDATIONS OF STRENGTH TRAINING - This class combines technique and knowledge about traditional weight lifting movements to become stronger using free weights.



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