

# SMALL GROUP TRAINING

April 2019

## MONDAYS

Time	Class	Trainer	Cost
10:00-11:00am	Total Body Conditioning	Kirsten	\$80
10:15-11:00am	Fast 45!	Jen	\$60
10:30-11:30am	FIT 360	Lynette	\$80
11:00am-12:00pm	TRX Plus	Rich	\$80
4:45-5:45pm	Teen Strength (13+)	Jen	\$80
5:00-6:00pm	Beyond Battle Ropes!	Nikki	\$80

## TUESDAYS

Time	Class	Trainer	Cost
10:00-10:45am	Gravity - Level 1	Claire	\$60
11:00-11:45am	Gravity - Level 1	Claire	\$60
6:00-7:00pm	Gravity - Level 2	Nikki	\$80

## WEDNESDAYS

Time	Class	Trainer	Cost
10:15-11am	Fast 45!	Jen	\$45
11:45am-12:45pm	Total Body Conditioning	Kirsten	\$60
7:00-8:00pm	FIT 360	Lynette	\$60

## THURSDAYS

Time	Class	Trainer	Cost
10:15-11:15am	Functional Fitness Circuit	Claire	\$60
6:00-7:00pm	TRX Plus!	Rich	\$60
6:00-7:00pm	Gravity - Level 2	Nikki	\$60

## FRIDAYS

Time	Class	Trainer	Cost
8:00-9:00am	FIT 360	Lynette	\$60
9:30-10:15am	Bodyweight Burn	Claire	\$45
10:30-11:15am	Gravity - Level 1	Claire	\$45
4:00-5:00pm	Total Body Conditioning	Glenna	\$60
11:30am-12:30pm	Adaptive Training	Jen	\$60

## WEEKENDS

Time	Class	Trainer	Cost
Sat. 10:30-11:30am	FIT 360	Lynette	\$60
Sun. 9:15-10a	Heavy bag Kickboxing	Jenny F	\$45

**TOTAL BODY CONDITIONING** - Designed for a full body workout! Skip the gym splits and improve your overall strength and muscular endurance!

**FAST 45!** - A 45-minute fast paced class using cardio and strength intervals to improve overall fitness and muscular strength.

**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.

**TEENS (13+) 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!

**FIT 360** - The perfect the full body workout instruction that you can use over and over again. Join this community that focus' on all aspects of wellness.

**FUNCTIONAL FITNESS CIRCUIT** - Use a variety of equipment to improve the way you move through life. May include power ropes, kettlebells, free weights and more!

**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.

**BODY WEIGHT BURN** - A low impact interval workout designed to help you maximize your calorie burn in only 45 minutes.

**BEYOND BATTLE ROPES!** - Work with power battle ropes and more to raise your heart rate for an intense workout. Build strength, power and stamina!

**HEAVYBAG KICKBOXING** - Work on your endurance as you perfect technique and form on a heavy bag.

**ADAPTIVE TRAINING** - Train YOUR way in this all levels class. Limitations are no obstacle!

For more information contact Ashley Roy McKelvey at [aroy@seattlemca.org](mailto:aroy@seattlemca.org) or call 206 717 2640.

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. Makeup classes should be made in the month they occur. Small Group Training is available to facility members only.

### NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011

P 425 485 9797 F 425 486 7757 [ymcanorthshore.org](http://ymcanorthshore.org)

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.



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