

# FUNCTIONAL FITNESS CENTER

## SMALL GROUP TRAINING SCHEDULE

### FALL II 2017 | October 30-December 24



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TOTAL BODY CIRCUIT TRAINING</b> 10:30-11:30 AM Andrea	<b>STRENGTH &amp; CONDITIONING</b> 6:00-7:00 AM Andrea	<b>POWER HOUR</b> 7:00-8:00 PM Joe	<b>TOTAL BODY CIRCUIT TRAINING</b> 10:30-11:30 AM Andrea	<b>INTRO TO FUNCTIONAL FITNESS TRAINING</b>	<b>TOTAL BODY CIRCUIT TRAINING</b> 8:00-9:00 AM Andrea	<b>NO CLASSES</b>
<b>POWER HOUR</b> 7:00-8:00 PM Joe	<b>SHOCK TRAINING</b> 6:00-7:00 PM Jamie		<b>TRX FIT</b> 7:00-8:00 PM Kymberlee	CALL TO SCHEDULE AN APPOINTMENT		

**POWER HOUR** - An explosive and dynamic workout that will be sure to challenge your inner beast. Find your strength, endurance, and speed to blast fat and gain muscle.

**SHOCK TRAINING**-High intensity interval training mixed with station based functional fitness exercises. This class will leave you breathless and feeling the power of your workout for days to come. Build a stronger core, improve endurance, and gain overall fitness.

**STRENGTH & CONDITIONING**-Set your alarm and start your day right. This early morning workout will focus on building strength, training balance, improving mobility, and increasing metabolism. Workouts vary class to class and no two workouts are the same. It is strength with a twist.

**TOTAL BODY CIRCUIT TRAINING** - A fast paced circuit style workout that will increase muscular endurance, increase metabolism, burn fat, and challenge you in ways you didn't know were possible. This class will utilize a wide variety of equipment including but not limited to battle ropes, kettlebells, TRX straps, agility ladder, and slam balls to keep your body guessing and keep you coming back for more.

**TRX FIT** -An intensive full body strength training workout focusing on core stabilization and balance using bodyweight exercises with suspension straps. Simple equipment - effective and energizing workout.

**Encouraging. Supportive. Addicting.**

#### Small Group Training Packages:

Only \$20 per month for Unlimited Small Group Training Classes with your Lower Bucks Family YMCA Membership.

\$5 per class for drop-in.

**New! Small Group Training Classes are now available for non members!**

\$40 per month for Unlimited Small Group Training Classes

\$10 per class for drop-in.

Visit the Welcome Center to sign up today or for more information contact Andrea Brown, [agbrown@lbfymca.org](mailto:agbrown@lbfymca.org) or 215-949-3400 ext. 68