

FUNCTIONAL FITNESS CENTER

SMALL GROUP TRAINING SCHEDULE

Fall I 2018 | September 4 – October 28



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TOTAL BODY CIRCUIT TRAINING 10:30-11:30 AM Andrea	STRENGTH & CONDITIONING 6:00-7:00 AM Andrea	POWER HOUR 7:00-8:00 PM	TOTAL BODY CIRCUIT TRAINING 10:30-11:30 AM Andrea	INTRO TO FUNCTIONAL FITNESS TRAINING	TOTAL BODY CIRCUIT TRAINING 8:00-9:00 AM Andrea	NO CLASSES
POWER HOUR 7:00-8:00 PM	SHOCK TRAINING 6:00-7:00 PM Jamie		TRX FIT 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, aqbrown@lbfymca.org or 215-949-3400 ext. 68