



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



PUSH YOUR LIMITS

PERFORMANCE TRAINING

Challenge yourself with our Small Group Training classes designed to help you get in the best shape of your life. We are offering a performance training package that allows members to attend ALL performance training classes including Bootcamp.

Single Person Unlimited Classes \$55/ Monthly

OR

Single Class/Drop In ... \$10/ Session

*Must be registered to take any classes

*Class space is limited and is a first come, first serve basis.

*Registered participants receive first priority

Monday	Tuesday	Wednesday	Thursdays	Fridays	Saturdays
8am YFIT (Tracy)	6am YFIT (Tracy)	8am YFIT (Tracy)	6am YFIT (Tracy)	9am Butts & Guts (Tracy)	9:30am Weekend Warrior (Kevin)
9am YFIT (Tracy)	10am Ball Fit (Tiffany)	9am YFIT (Tracy)	10am TRX Barre (Tiffany)		10:30am TRX & Core (Tracy)
6 pm YFit (Tracy)		12pm Power Lunch (Tracy)			
		6pm YFIT (Tracy)			

QUESTIONS? Contact Theresa Joyce (561)- 536-1400 or tjoyce@ymcaspbc.org



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Performance Training

Class Descriptions:

YFIT- This high intensity and effective workout combines strength training using barbells, kettlebells, dumbbells, body-weight and other equipment with plyometric and metabolic cardio conditioning.

Ball Fit- This class uses stability balls, dumbbells, and bands to tighten and strengthen your abs while improving balance and stability.

Power Lunch- A fast paced, 30 minute workout with a mixture of cardio training and weighted interval training.

TRX Barre- Train, sculpt and work the whole body with ballet and Pilates based core by use of the barre accompanied with a TRX workout. (Limited to 5 people)

Butts & Guts- A class dedicated to your abs and glutes with targeted movements designed to trim, strengthen, and build these hard to reach areas.

Weekend Warrior- High intensity, non-stop total body workout guaranteed to rev up your heart rate to finish off your week with a bang.

TRX & Core- A class that combines body weight suspension exercises using the TRX system and core conditioning exercises. (Limited to 5 people)