

# MANLIUS YMCA

## Small Group Training Schedule

### February 26 – April 22

Monday	Class	Instructor	Level
6-7am	<b>Boot Camp</b>	Ben P.	Beginner-Advanced
8:30-9:30am	<b>Boot Camp</b>	Robert D.	Beginner-Advanced
9-10am	<b>TRX</b>	Christine R.	Beginner-Advanced
Tuesday	Class	Instructor	Level
6:30-7am	<b>Boot Camp (30 min)</b>	Ben P.	Beginner-Advanced
9-10am	<b>Boot Camp</b>	Christine R.	Beginner-Advanced
10-11am	<b>TRX</b>	Christine R.	Beginner-Advanced
11-12pm	<b>Beginner Boot Camp</b>	Ben P.	Beginner-Intermediate
5-6pm	<b>Boot Camp</b>	Joe S.	Beginner-Advanced
6-7pm	<b>Boot camp</b>	Christine R.	Beginner-Advanced
Wednesday	Class	Instructor	Level
6-7am	<b>Boot Camp</b>	Ben P.	Beginner-Advanced
7-7:30am	<b>Boot Camp (30 min)</b>	Ben P.	Beginner-Advanced
10-11am	<b>Tennis Boot Camp*</b>	Christine R.	Beginner-Advanced
Thursday	Class	Instructor	Level
6:30-7am	<b>Boot Camp (30 min)</b>	Ben P.	Beginner-Advanced
9-10am	<b>Boot Camp</b>	Christine R.	Beginner-Advanced
10-11am	<b>TRX</b>	Christine R.	Beginner-Advanced
11-12p	<b>Beginner Boot Camp</b>	Ben P.	Beginner-Intermediate
5-6pm	<b>Boot Camp</b>	Joe S.	Beginner-Advanced
6:00pm	<b>Boot Camp</b>	Christine R.	Beginner-Advanced
Friday	Class	Instructor	Level
6-7am	<b>Boot Camp</b>	Ben P.	Beginner-Advanced
Saturday	Class	Instructor	Level
8:30am	<b>Boot Camp</b>	Christine R./NJ B.	Beginner-Advanced

#### TRX Suspension Training

A full body workout using body-weight exercises delivered through suspension training equipment from TRX. This training offers the ability to utilize the core through functional movements. It is a perfect mix of cardiovascular conditioning and strength training all in ONE class.

#### Boot Camp/Beginner Boot Camp

Limited class sizes leads to maximum results. The boot camp style format utilizes all of the equipment the facility has to offer, including the TRX Suspension Training, medicine balls, kettle-bells, battle ropes, tires, weights, and "the octagon" functional training system. All Levels welcome! Ages 14+

#### Tennis Boot Camp

This class is a high intensity combination of tennis drills and tennis specific strength training. Program is designed to keep you sweating and swinging. \$5 for members \$20 non-members

#### TRX and Boot Camp classes are:

Members \$12 (1hr) & \$8 (30 min) per class.

Nationwide/Non-Members \$22 (1hr.) & \$16 (30 min) per class.

\$95 monthly unlimited classes available!