

# Specialty TRAINING / Boot CAMPS

## FOR THOSE WITH SPECIFIC FITNESS GOALS, THE Y OFFERS VARIOUS SPECIALTY TRAINING AND BOOT CAMPS DESIGNED FOR SMALLER GROUPS.

Specialty fitness classes combine the unique elements of group training and accountability in a focused fitness environment. We cater to all fitness levels from beginner through advanced.

### QUESTIONS?

Please contact Adam Cardwell at [a.cardwell@ymcanwnc.org](mailto:a.cardwell@ymcanwnc.org) or Susanna O'Connell at [s.oconnell@ymcanwnc.org](mailto:s.oconnell@ymcanwnc.org).

### Registration/Auto Draft Information

You can now auto draft on all Specialty Training and Boot Camps in our operation system. Each Specialty Training/Boot Camp is between 5-12 participants. Please see below for more information regarding trainers, dates and specific times. Online registration is now available for programs on our website at [www.ymcanwnc.org](http://www.ymcanwnc.org).



## ROBINHOOD ROAD FAMLY YMCA

### Specialty Training

#### AFTERBURN

AFTERBURN is a 45 minute, 75% cardio based HIIT training class that uses Myzone technology to push you to your max Heart Rate using our State of the Art Equipment such as Reflex Treadmills, Versa Climbers, Air Runners, integrated with some floor work. Intensity is based on your individual heart rate zones, making the workout effective for all fitness levels. Coaches will lead this small group class to maximize your results.

**COACHES:** Karen Simmons, Angie Lynde, Cameron Sato, Desi Melenick and Susanna O'Connell

#### SESSIONS MONDAY/WEDNESDAY:

5:30am-6:15am, 6:30am-7:15am, 9:15am-10:00am or 12:00pm-12:45pm; October 4-27, November 1-29 (No Class on November 24), December 1-29 and January 3-31 (2022)

#### SESSIONS TUESDAY/THURSDAY:

5:30am-6:15am or 6:30am-7:15am; October 5-28, November 2-30,

December 2-30 and January 4-27 (2022)

**SESSION FRIDAY:** 12:00pm-12:45pm; October 1-29, November 5-26, December 3-31 (No Class on December 24) and January 7-28 (2022)

**MONTHLY FEE:** \$75/Members or \$125 to include your Myzone belt (you must own a Myzone belt to participate in the class) Fridays only \$40/Members

**BRANCH LOCATION:** Robinhood Road Family YMCA

#### BOXING FOR FITNESS

A non-contact HIIT program that combines classic boxing techniques & tactics with functional movements: Interval Training, Heavy Bag Drills, Hand Pad Drills, and Calisthenics.

**TRAINER:** Cameron Sato

**SESSION DATES:** October 5-28, November 2-30 (No Class on November 25), December 2-30 and January 4-27 (2022)

**NEW! DAYS/TIME:** Tuesday & Thursday, 5:30pm-6:15pm

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** Robinhood Road Family YMCA

#### LES MILLS GRIT

Les Mills GRIT is a 30 minute HIIT small group training, offered in 8-week sessions. The Les Mills GRIT series consists of three unique high-intensity interval-training workouts: Strength, Athletic, and Cardio.

**COACHES:** QT Tran, Lacy Southerland, Jessica Long, Angie Lynde and Susanna O'Connell

#### SESSIONS MONDAY/WEDNESDAY:

5:30am-6:00am; August 30-October 23 and November 1-December 24

#### SESSIONS TUESDAY/THURSDAY:

5:30am-6:00am, 6:30am-7:00am, 6:30pm-7:00pm; August 31-October 23 and November 2-December 24

**FEE:** \$175/Members and \$225/Potential Members or \$10 drop in GRIT Cardio

**BRANCH LOCATION:** Robinhood Road Family YMCA

# ROBINHOOD ROAD FAMILY YMCA

## Boot Camps

### HILL TOPPERS BOOT CAMP

Hill Toppers Boot Camp for adults ages 55 and older a circuit-style workout with tailored exercises that safely and enthusiastically improve hearts, mood, lungs, muscles, brain, and overall health.

**TRAINER:** Cheryl Bey

**SESSION DATES:** October 5-28, November 2-30 (No Class on November 25), December 2-30 and January 4-27 (2022)

**DAYS/TIME:** Tuesday & Thursday, 8:30am-9:30am

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** Robinhood Road Family YMCA

### TRIM & TONE BOOT CAMP

Trim & Tone Boot Camp is a beginner level circuit-style workout involving cardio, weight machines, functional and free weights. This Boot Camp focuses on weight loss and muscle toning.

**TRAINER:** Stephanie Hamberis

**SESSION DATES:** October 5-28, November 2-30 (No Class on November 25), December 2-30 and January 4-27 (2022)

**DAYS/TIME:** Tuesday & Thursday, 11:00am-12:00am

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** Robinhood Road Family YMCA

### CROSS-TRAIN BOOT CAMP

Cross-Train Boot Camp is a challenging, yet rewarding, training program structured around the ten components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and flexibility. All workouts can be modified, making it perfect for any committed individual, regardless of experience.

**TRAINERS:** Desi Melenick and Christopher Layton

**SESSION DATES:** October 4-27, November 1-29, December 1-29 and January 3-31 (2022)

**DAYS/TIME:** Monday & Wednesday, 9:30am-10:30am

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** Robinhood Road Family YMCA

### TRX BODY BLAST BOOT CAMP

TRX Body Blast Boot Camp is a bodyweight exercise class that develops strength, power, endurance, balance, and core stability. Whether you're young or old, out of shape or a pro athlete, injured or at the top of your game, TRX Suspension Training meets you where you are and takes you to your next level of fitness.

**TRAINER:** Cameron Sato

**SESSION DATES:** October 4-27, November 1-29, December 1-29 and January 3-31 (2022)

**DAYS/TIME:** Monday & Wednesday, 5:00pm-6:00pm

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** Robinhood Road Family YMCA

## Specialty Training

### AFTERBURN AIR

AFTERBURN AIR is a 45 minute, 75% cardio based HIIT training class that uses Myzone technology to push you to your max Heart Rate using our State of the Art Equipment such as Concept 2 Rowers, Concept 2 SkiErgs, Airdyne Pro Bikes and Octane MTX Max Trainers, integrated with some floor work. Intensity is based on your individual heart rate zones, making the workout effective for all fitness levels. Coaches will lead this small group class to maximize your results.

**COACHES:** Desi Melenick, Cameron Sato, Susanna O'Connell, Adam Cardwell and Stephanie Winfrey

**SESSION SATURDAY:** 9:00am-9:45am; June 5-26; October 2-30, November 6-27, December 4-25 and January 8-29 (2022)

**MONTHLY FEE:** \$75/Members or \$125 to include your Myzone belt (you must own a Myzone belt to participate in the class) Saturdays only \$40/Members or \$60/Potential Members OR Drop in (per class) \$10/Members or \$20/Potential Members **BRANCH LOCATION:** William G. White, Jr. Family YMCA

### Boot Camps CROSS TRAINING BOOT CAMP

Cross Training Boot Camp is a challenging, yet rewarding, training program structured around the ten components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and flexibility. All workouts can be modified and are appropriate for all fitness levels.

**TRAINER:** Desi Melenick

**SESSION DATES:** October 5-28, November 2-30 (No Class on November 25), December 2-30 and January 4-27 (2022)

## WILLIAM G. WHITE, JR. FAMILY YMCA

**DAYS/TIME:** Tuesday & Thursday, 12:00pm-12:45pm

**FEE:** \$75/Members and \$100/Potential Members per session

**BRANCH LOCATION:** William G. White, Jr. Family YMCA





## BRING A FRIEND TO SPECIALTY TRAINING/ BOOT CAMP AND YOU BOTH GET 50% OFF!

If you currently attend a month-to-month Specialty Training or a Boot Camp, bring a new friend (or they haven't been in at least 6 months) to sign up and you'll both get 50% off that month's session. Month-to-month trainings only including Youth and Teen Wellness programs.

## Innovative Fitness Add-Ons

### MYZONE MZ-3 ACTIVITY BELT

Myzone tracks your heart rate, calories burned, and displays this information right on an iPhone or Android device. Everyone has different fitness zones that can change over time – Myzone accurately identifies, adapts, and rewards you for your effort – making you push harder and get the most out of every workout. All statistics are personalized to you, using your age, height, gender and weight to provide you an accurate way to track your workouts.

Myzone TV screens are available throughout our facilities.

Myzone MZ-3 Belts are available for purchase at the Robinhood Road and William G. White, Jr. Family YMCAs Welcome Desk. **\$75.00 Member Price (\$149.99 Regular Price)**

### FIT 3D PROSCANNER

FIT3D ProScanner is a total assessment platform that will transform your methodology to quickly analyze and monitor your body's composition. In 40 seconds, FIT3D's state-of-the-art technology precisely captures your fitness progress, including: Full Body 360° 3D Image, 400+ measurements, Posture analysis, Body composition, Body shape rating, Weight, Balance, and Private Assessment Report via email. With the FIT3D ProScanner, Y members can optimally set, meet, and exceed their fitness and wellness goals. Register and make an appointment at the Robinhood Road Family YMCA Welcome Desk today or email [a.cardwell@ymcanwnc.org](mailto:a.cardwell@ymcanwnc.org)! We recommend you scan every 4-6 weeks.

#### Member Cost: \$25

5 scans: \$100  
8 scans: \$175  
12 scans: \$250

#### Potential Member Cost: \$50

5 scans: \$150  
8 scans: \$225  
12 scans: \$300

