

SPECIALTY TRAINING/ BOOT CAMPS

Davie, Jerry Long
and Yadkin
Family YMCAs
Regional Newsletter
SEPT - NOV 2023

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 Desi at d.melenick@ymcanwnc.org
or Debbie Combs d.combs@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.

One visit drop-in fees are available - \$10/Members, \$15/Potential Members.



JERRY LONG FAMILY YMCA

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 Concept 2 Rowers, Concept 2 Ski Ergs, Airdyne Pro Bikes and Octane MTX Max Trainers, integrated with some floor work. Coaches will lead this small group class to maximize your results.

COACH: Steff

DAYS/TIMES: Monday/Wednesday
6:05-6:50am

FEE: \$75

FIERCE & FIT

Designed with females in mind! This 45-min boot camp will incorporate a mix of high-intensity cardio and weights to create a full-body workout. All fitness levels are welcome!

COACH: Patty

DAYS/TIMES: Friday
8:30-9:15am

FEE: \$40 members/
\$65 potential members

TRIM & TONE

Trim & Tone is an intermediate level class that combines total body work using cardio, TRX, weight machines, and free weights. All exercises can be modified for any beginner. This boot camp focuses on weight loss and muscle toning utilizing interval and rep based training.

COACH: Emily

DAYS/TIMES: Monday/Wednesday
6:15-7:00pm

FEE: \$60 members/\$85 potential members

LEVEL UP INTERMEDIATE BOOT CAMP

Sets for Success Boot Camp is designed for individuals who are new to circuit training style workouts and for those who have been away from fitness for a period of time. Stay on track and have fun at the same time!

COACH: Elaine

DAYS/TIMES: Monday/Wednesday
9:15-10:15am

FEE: \$75 members/\$100 potential members

PICKLEBALL 101 CLINIC

In this skills clinic, you will build basic fundamental skills to play pickleball, one of the fastest growing sports in the nation. Coaches will work with you to develop skills and understanding of the game of pickleball. Whether you're a beginner or would like to hone in your skills this skills clinic is for you!

COACHES: Mike

DAYS/TIMES: Tuesday 12:30-1:30pm

FEE: \$40 members/
\$65 potential members



CREATING CHANGE BOOT CAMP

This class will help change your life one workout at a time! We are all working together to achieve a healthier lifestyle through cardio, weight training in a judgment-free and fun atmosphere. This class is perfect for those who are new to exercise or are looking to lose weight and become healthier. Come join us and make the first step to change your health and your life!

COACH: Celia

DAYS/TIMES: Tuesday/Thursday

7:00-8:00pm

FEE: \$75 members/

\$100 potential members

CROSSTRAIN FOR YOUTH

CROSSTRAIN for Youth is a program for young adults ages 7-12 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly have fun!

CROSSTRAIN for Youth at the YMCA delivers a fitness program that is broad, general and inclusive, making it perfect for all kids.

COACH: Celia

DAYS/TIMES: Tuesday/Thursday

6:00-6:45pm

FEE: \$75 members/

\$100 potential members

BOXING FOR FITNESS AND SELF DEFENSE

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

EQUIPMENT REQUIRED:

-Boxing Gloves (The most essential thing you can have for class)

-Boxing Hand Wraps (Hand wraps are important for your safety)

COACH: Matt

DAYS/TIMES:

Tuesday/Thursday 6:30-7:30pm and

Saturday 8:15-9:15am

FEE: Tuesday/Thursday:

\$80 members/\$105 potential members

Saturday:

\$40 members/\$50 potential members

LES MILLS GRIT

LES MILLS GRIT is offered in 4 or 8 week sessions. It consists of three unique HIIT (high-intensity interval training) workouts: GRIT ATHLETIC, GRIT CARDIO, GRIT STRENGTH. Each has been through rigorous scientific testing to ensure maximum results, safely. Workouts are led by certified, highly trained coaches who work the floor providing one-on-one coaching, perfecting technique and motivating you to push yourself. Session also includes a closed FB page, an optional

21 day food plan, and optional fitness tests and a FIT3D scan at the start and finish of the session to track your results. Whether you're already fit and looking for something to take your training up a notch, or in need of a healthy lifestyle change, LES MILLS GRIT is perfect for you!

COACHES: Elaine, Emily, Holly, John, Marcia, Patty

SESSIONS: 8 week session Apr 3-May 26

4 week session June 5-June 30

DAYS/TIMES: Monday/Wednesday:

5:30am-6am, 8:30am-9am,

6:00pm-6:30pm

Tuesday/Thursday: 6:00am-6:30am, 9:30am-10am

Cardio/Bonus Workout: Saturday 9:30am included in the session

FEE: 4-Week \$88 members/\$113 potential members; 8-Week \$175 members/\$225 potential members

Cardio/Bonus Workout: Per class: Included for session GRITters, \$10 members/\$20 potential members, or 10 classes: \$80 members/\$160 potential members

DAVIE FAMILY YMCA

CROSSTRAIN

CROSSTRAIN 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.

COACH: Luke

DAYS/TIMES: Tuesday/Thursday

9:00-10:00am

FEE: \$75 members/

\$100 potential members



YADKIN FAMILY YMCA

TOTAL BODY TRX

Total Body TRX 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.

COACH: Juli Miller

DAYS/TIMES: Tuesday/Friday,
10:00-10:45am

Tuesday/Thursday, 5:30-6:15pm

FEE: \$60 members/

\$85 potential members

FIT & FUNCTIONAL BOOT CAMP

This 45 minute Boot Camp is designed to challenge you to the next level by incorporating functional fitness exercises mixed with cardiovascular, athletic, and resistance training to create a more fit and tough you!

COACH: Julie

DAYS/TIMES: Monday/Wednesday
5:15-6:00am

FEE: \$60 members/
\$85 potential members

FITNESS ADD-ONS

MZ-SWITCH - NOW AVAILABLE!

The world's first interchangeable heart rate monitor for the gym, outdoor, or in water. Wearable three ways, switch between the chest, wrist and arm, depending on your choice of physical activity. Myzone TV screens are available throughout our facilities. MZ-Switch are available for purchase at the Davie, Jerry Long, and Yadkin Family YMCA Welcome Desk. \$75.00 Member Price (\$159.99 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 Jerry Long Family YMCA Welcome Desk today or email d.gilbert@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

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.

