

SPECIALTY TRAINING/ BOOT CAMPS

Davie, Jerry Long
and Yadkin
Family YMCAs
Regional Newsletter
Q2 2025

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

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.



JERRY LONG FAMILY YMCA

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

BOOT CAMP FOR BEGINNERS

Boot Camp for Beginners is ideal for those looking to improve their cardio, strength, mobility, and overall fitness health. It's a circuit-style workout with tailored exercises that are functional and appealing to help you get moving wherever you are. Must be 16 or older.

TRAINER: Kaily Jones

DAYS/TIMES: Tuesdays and Thursdays

10:30-11:30am

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

Friday Drop In Class: 11:45am-12:45pm,

\$10 Members Only

CROSS TRAIN FOR YOUTH

Crosstrain for Youth is a program for young adults ages 9-15 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly have fun! It will help your athletes become more explosive, stronger, and quicker to make them an overall better athlete.

TRAINER: Celia

DAYS/TIMES: Tuesdays and Thursdays

6:30-7:30pm

FEE: \$75

FITNESS FRIDAYS

Join us for this Boot Camp that focuses on strength training and muscle building! HIIT (High Intensity Interval Training) has many benefits that will improve cardiovascular health, build muscle, burn calories, improve stamina, increase fat burning, because intervals force your body to work harder and boost your mood.

TRAINER: Tryell Mattox

DAYS/TIMES: Fridays 6:00-6:45am

FEE: \$40 Members/\$65 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!

TRAINER: Emily Librandi

DAYS/TIMES: Monday/Wednesday

9:15-10:15am

FEE: \$75 members/\$100 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 7-8pm

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

PICKLEBALL CLASSES

Once a week on Court 3B

101 Classes

Wednesdays at 10:30-11:30am

Intermediate Classes

Wednesday at 11:30-12:30pm

FEE: Monthly rate for a 4-week session

Members: \$50/Potential Members: \$60

PICKLEBALL LESSONS

Semi-Private (4-6 people)

PER PERSON RATE:

Members: \$20/Potential Members: \$30

Private (one-on-one)

Members: \$35/Potential Members: \$45

Monday-Friday 1:00-3:00pm

Sunday Anytime

Schedule your own with a trainer, all on Court 1

OPEN PICKLEBALL COURT

Court 4 is available for open play

Monday-Friday 7:00am-1:00pm

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: 5:30am-6am, 9:30am-10am

Saturday drop in: 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

CROSS TRAIN FOR YOUTH

Cross Train for Youth is a program for young adults ages 9-15 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly have fun! It will help

your athletes become more explosive, stronger and quicker to make them an overall better athlete.

DAYS/TIMES: Tuesdays and Thursdays
6:30-7:30pm

FEE: \$75

BOOT CAMP FOR BEGINNERS

Boot Camp For Beginners is ideal for those looking to improve their cardio, strength, mobility and overall fitness health. It's a circuit-style workout with tailored exercises that are functional and appealing to help you get moving wherever you are.

TRAINER: Tyrell Mattox

DAYS/TIMES: Mondays and Wednesdays
10:00-11:00am

FEE: \$75 Members/

\$100 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.

