



SPECIALTY TRAINING, BOOT CAMPS & OPEN TRAINING CENTER HOURS

September – December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-6:00am Les Mills GRIT	5:00am-6:00am 1:7 FIT	5:30am-6:00am Les Mills GRIT	5:00am-6:00am 1:7 FIT	OPEN HOURS FOR MEMBERS 5:00am-9:15am	
	OPEN HOURS FOR MEMBERS Left side only 5:00am-7:45am	6:00am-6:30am Les Mills GRIT	OPEN HOURS FOR MEMBERS Left side only 5:00am-7:45am	6:00am-6:30am Les Mills GRIT	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	6:45am-7:45am Janet's 6:45am Boot Camp	OPEN HOURS FOR MEMBERS	6:45am-7:45am Janet's 6:45am Boot Camp	OPEN HOURS FOR MEMBERS	7:00am-8:00am WFHS Swim Team
		7:50am-8:20am NEW! TRX® and Queenax Functional Training		7:50am-8:20am NEW! TRX® and Queenax Functional Training	OPEN HOURS FOR MEMBERS	8:15am-9:15am NEW! Boxing for Fitness & Self Defense
	8:00am-9:00am Penny's Beginner Boot Camp	8:30am-9:30am Janet's 8:30am Boot Camp	8:00am-9:00am Penny's Beginner Boot Camp	8:30am-9:30am Janet's 8:30am Boot Camp	OPEN HOURS FOR MEMBERS	
	8:30am-9:00am Les Mills GRIT		8:30am-9:00am Les Mills GRIT		OPEN HOURS FOR MEMBERS	
	9:30am-10:30am Sticking With It Intermediate Boot Camp	9:30am-10:30am Penny's Advanced Boot Camp	9:30am-10:30am Sticking With It Intermediate Boot Camp	9:30am-10:30am Penny's Advanced Boot Camp	9:30am-10:30am OVERDRIVE	9:30am-10:00am Les Mills GRIT
	9:30am-10:00am DIRTY 30	OPEN HOURS FOR MEMBERS 10:45am-11:45am	9:30am-10:00am DIRTY 30	OPEN HOURS FOR MEMBERS 10:45am-11:45am	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 10:15am-6:00pm
OPEN HOURS FOR MEMBERS 12:15pm-6:30pm	OPEN HOURS FOR MEMBERS 10:45am-6:15pm	12:10pm-12:55pm Penny's Lunch Time Express Boot Camp	11:00am-11:30am Les Mills GRIT OPEN HOURS FOR MEMBERS 11:45am-6:15pm	12:10pm-12:55pm Penny's Lunch Time Express Boot Camp	11:00am-11:30am Les Mills GRIT OPEN HOURS FOR MEMBERS 11:45am-1:45pm	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	1:30pm-3:00pm LIVESTRONG at the Y 3:00pm-4:00pm Teen Academy	OPEN HOURS FOR MEMBERS	1:30pm-3:00pm LIVESTRONG at the Y 4:00pm-4:20pm TYDE Swim Team	2:00pm-4:00pm Teen Academy	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	4:30pm-5:00pm HIIT 101	OPEN HOURS FOR MEMBERS	4:30pm-5:00pm HIIT 101	OPEN HOURS FOR MEMBERS 4:00pm-8:30pm	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	5:30pm-6:15pm CROSSTRAIN FOR YOUTH (ages 6-10)	OPEN HOURS FOR MEMBERS	5:30pm-6:15pm CROSSTRAIN FOR YOUTH (ages 6-10)	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	6:15pm-7:00pm CROSSTRAIN FOR YOUTH (ages 11-15)	OPEN HOURS FOR MEMBERS	6:15pm-7:00pm CROSSTRAIN FOR YOUTH (ages 11-15)	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	6:45pm-7:15pm Les Mills GRIT	6:30pm-7:30pm NEW! Boxing for Fitness & Self Defense	6:45pm-7:15pm Les Mills GRIT	6:30pm-7:30pm NEW! Boxing for Fitness & Self Defense	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
	7:20pm-8:00pm Leaders Club	7:00pm-8:00pm Changing Lives Boot Camp OPEN HOURS FOR MEMBERS 7:45pm-9:30pm		7:00pm-8:00pm Changing Lives Boot Camp OPEN HOURS FOR MEMBERS 7:45pm-9:30pm	OPEN HOURS FOR MEMBERS	
	8:15pm-9:30pm OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	7:30pm-9:00pm OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	

*The Training Center Schedule/Hours are subject to change.

SPECIALTY TRAINING: SEPTEMBER – DECEMBER 2019

Registration opens 4 weeks prior to start date

Each Specialty Training/Boot Camp is between 6-15 participants. Please see below for more information regarding trainers, dates, and specific times. Online registration is now available for programs on our website at: ymcanwnc.org/locations/jerry-long-family-ymca/health-wellness/

QUESTIONS? Please contact Adam Cardwell at 336 712 2000 or a.cardwell@ymcanwnc.org

Bring a friend to Specialty Training and 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 get 50% off that month's session. Month-to-month trainings include CrossTrain for Youth programs.

NEW MEMBER BENEFIT!

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 in the Training Center, Wellness Center, Cycle Studio, and Group Exercise Studio at the Jerry Long Family YMCA.

Myzone MZ-3 Belts are available for purchase at the Jerry Long Family YMCA Member Services Desk. \$65.00 Member Price (\$149.99 Regular Price)

NEW! 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.

TRAINER: Matthew Ciavarella

SESSION DATES: September 3-28, October 1-29 (No class on Oct 31), November 2-30 (No class on Nov 28), and December 3-28 (No class on Dec 24 or 31)

DAYS/TIME: Tuesday & Thursday, 6:30pm-7:30pm
Saturday, 8:15am-9:15am (\$30 Add on to your \$80-Members/\$105-Potential Members)

FEE: \$80 for Members and \$105.00 for Potential Members per session. Saturdays ONLY \$40 for Members and \$50 for Potential Members

NEW! JANET'S 8:30AM BOOT CAMP

This class is geared towards individuals who want to be challenged to reach the next level! The boot camp utilizes functional training, TRX, Queenax, agility drills, strength and cardiovascular training and much more! This class is great for those currently exercising and looking to improve their fitness and cardiovascular endurance. Please note that Child Watch is available during the time this class is offered.

TRAINER: Janet Kennedy

SESSION DATES: September 3-26, October 1-31, November 5-26 (No class on Nov 28), December 3-31 (No class on Dec 24)

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

FEE: Members: \$75/Potential Members: \$100

NEW! TRX® AND QUEENAX FUNCTIONAL TRAINING

Bodyweight exercise develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. Whether you're young adult or old, out of shape, injured, or at the top of your game, TRX and Queenax Suspension Training meets you where you are and takes you where you want to go.

TRAINER: Janet Kennedy

SESSION DATES: September 3-26, October 1-31, November 5-26 (No class on Nov 28), December 3-31 (No class on Dec 24)

DAYS/TIME: Tuesday & Thursday, 7:50am-8:20am

FEE: \$45/Potential Members: \$70



HIIT 101

A 30 minute small group completing structural and compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout. Please note that Child Watch is available during the time this class is offered.

TRAINER: Christi Cobler

ALL SESSIONS MONTH TO MONTH: September 3-26, October 1-31, November 5-26 (No class on Nov 28), December 3-31 (No class on Dec 24)

DAYS/TIME: Tuesday and Thursday, 4:30pm-5:00pm

FEE: Members: \$45/Potential Members: \$70 per session

1:7 FIT

A perfect fit for the early riser looking for a structured workout to start their day! Join us in our Training Center for a class that utilizes strength training progression, agility drills, HIIT and so much more! The first Thursday of each session is focused on stretching, flexibility and ROM (range of motion). Enjoy a small group setting while building strength and accelerating endurance. Each class builds upon the other, pushing you to achieve your fitness and wellness goals! "We weren't given a spirit of fear, but of power, love and self-discipline." 2 Timothy 1:7

TRAINER: Deb Grossnickle

ALL SESSIONS MONTH TO MONTH: September 3-26, October 1-31, November 5-26 (No class on Nov 28), December 3-31 (No class on Dec 24)

DAYS/TIME: Tuesday & Thursday, 5:00am-6:00am

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

DIRTY 30

A 30 minute small group High Intensity Interval Training (HIIT) combining cardiac endurance, strength training, plyometrics, speed, agility, circuits, and tabatas! Come for a 30 minute full-body conditioning all-out work-out. Please note that Child Watch is available during the time this class is offered.

TRAINER: Christi Cobler

ALL SESSIONS MONTH TO MONTH: September 4-30 (No class on Sept. 2), October 2-30, November 4-27, and December 2-30 (No class on Dec 25)

DAYS/TIME: Monday & Wednesday, 9:30am-10:00am

FEE: Members: \$45/Potential Members: \$70 per session

Triad Martial Arts and Wrestling Academy

For ages 4-6 and 7 & up (including adults). The Jerry Long Family YMCA has teamed up with Triad Martial Arts and Wrestling Academy.

LEAD SENSEI: Michele and Tarron Coalson

LITTLE DRAGONS: Ages 4-6

DAYS/TIME: Mondays, 6:15-6:45pm and Thursdays, 6:30-7:00pm at Triad Martial Arts & Wrestling Academy in Lewisville. Basic Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence.

ALL BELTS: Ages 7-12, Ages 13 & up

DAYS/TIME: Mondays and Fridays Ages 7-12: 6:00-6:45pm, Ages 13 & up: 6:45-7:30pm at the Jerry Long Family YMCA. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength, and character development.

SESSION DATES:

LITTLE DRAGONS

Session 1: September 5-30

Session 2: October 3-28 (No class on Oct 31)

Session 3: November 4-28 (No class on November 28)

Session 4: December 2-30 (No class on December 26)

Session 5: January 2-30 (2020)

ALL BELTS

Session 1: September 6-30

Session 2: October 4-28

Session 3: November 1-29

Session 4: December 2-30

Session 5: January 3-31 (2020)

PROGRAM FEES:

Registration Fee: \$30 per student

Monthly Charge: \$75 per Member

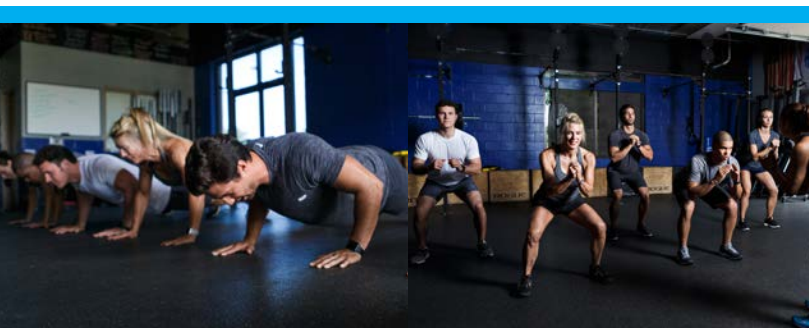
\$125 per Potential Member

Register with a second or third person to save!

Second person only \$40/session per family.

Third person only \$5/session per family.

**TAKE A FREE CLASS NOW! TRY ONE CLASS FOR FREE.
SEE CLASS DATES ABOVE FOR MORE INFORMATION.**



BOOT CAMPS

JANET'S 6:45am BOOT CAMP

Geared towards individuals who are early risers and want to be challenged to reach the next level! The boot camp utilizes functional training, TRX, Queenax, agility drills, strength and cardiovascular training and much more! This class is great for those who are currently exercising and looking to improve their overall fitness and cardiovascular endurance.

TRAINER: Janet Kennedy

SESSION DATES: September 3-26, October 1-31, November 5-26 (No class on Nov 28), December 3-31 (No class on Dec 24)

DAYS/TIME: Tuesday & Thursday, 6:45am-7:45am

FEE: Members: \$75/Potential Members: \$100

PENNY'S ADVANCED BOOT CAMP

Offers high intensity strength and cardio circuits as well as core conditioning in a one hour class. This class is perfect for individuals at an advanced fitness level looking to challenge themselves and take their fitness to another level! Please note that Child Watch is available during the time this class is offered.

TRAINER: Penny Fuehrer

SESSION DATES: September 3-26, October 1-31, November 5-26 (No class on Nov 28), *December 3-19 (No class on Dec 24, 26 or 31)

DAYS/TIME: Tuesday & Thursday, 9:30am-10:30am

FEE: Members: \$75/Potential Members: \$100

*For the month of December Members: \$60/Potential Members: \$85

PENNY'S BEGINNER BOOT CAMP

A circuit-style workout focusing on cardio, strength, and balance. This is great for beginners and those who are already exercising but have been away from fitness for a period of time. Please note that Child Watch is available during the time this class is offered.

TRAINER: Penny Fuehrer

SESSION DATES: September 4-30 (No class on Sept. 2), October 2-30, November 4-25 (No class on Nov 27), and *December 2-23 (No class on Dec 25 or 30)

DAYS/TIME: Monday & Wednesday, 8:00am-9:00am

FEE: Members: \$75/Potential Members: \$100

*For the month of December Members: \$60/Potential Members: \$85

PENNY'S LUNCH TIME EXPRESS

BOOT CAMP

A 45-minute full body workout consisting of various modes of circuit training, moderate to high intensity interval training, and core conditioning. Perfect for that working individual or someone needing a great workout who has limited time!

TRAINER: Penny Fuehrer

SESSION DATES: September 3-26, October 1-31, November 5-26 (No class on Nov 28), *December 3-19 (No class on Dec 24, 26 or 31)

DAYS/TIME: Tuesday & Thursday, 12:10pm-12:55pm

FEE: Members: \$60/Potential Members: \$85

*For the month of December Members: \$50/Potential Members: \$75

STICKING WITH IT INTERMEDIATE BOOT CAMP

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! Please note that Child Watch is available during the time this class is offered.

TRAINER: Penny Fuehrer

SESSION DATES: September 4-30 (No class on Sept. 2), October 2-30, November 4-25 (No class on Nov 27), and *December 2-23 (No class on Dec 25 or 30)

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

FEE: Members: \$75/Potential Members: \$100

*For the month of December Members: \$60/Potential Members: \$85

CHANGING LIVES BOOT CAMP

Help change your life one workout at a time! We are all working together to achieve a healthier lifestyle through cardio and 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 in changing your health and your life! Please note that Child Watch is available during the time this class is offered.

TRAINER: Celia Sloan

ALL SESSIONS MONTH TO MONTH: September 3-26, October 1-29 (No class on Oct 31), November 5-26 (No class on Nov 28), and *December 3-19 (No class on Dec 24, 26 or 31)

NEW! DAYS/TIME: Tuesday & Thursday, 7:00pm-8:00pm

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

*For the month of December Members: \$60/Potential Members: \$85

3-DAY OVERDRIVE ADD ON

This Friday morning small group full-body workout is for members looking for more than just two days a week. Please note that Child Watch is available during the time this class is offered.

TRAINER: Penny Fuehrer

DAYS/TIME: Friday, 9:30am-10:30am

FEE: \$30 Add-on for Members/Potential Members

*Friday is not a make-up session for missed 2 day sessions.

