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<th>SUNDAY</th>
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*The Training Center Schedule/Hours are subject to change.
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 Ciavirella

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)

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 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 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.