



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A STRONGER YOU

Small Group Personal Training Northwest YMCA

2018 Summer Sessions

Small group personal training provides the benefit of a personal trainer with the energy and inspiration of a group. All groups are designed for progressive results and fitness levels.

Taught in a fun semi-private environment, these classes build confidence and power – enhancing work capacity in formats designed to burn fat and calories, build upper and lower body strength, and improve endurance.

FEE

Facility Member \$90

AGE

Suggested ages 14 and older

REGISTRATION

Max 6 participants per class.
Register at Front Desk or call
408-351-2400.



START DATE SESSION I :

Mondays: July 2
Tuesdays: July 3
Wednesdays: July 4
Thursdays: July 5
Fridays: July 6
Saturdays: July 7

SESSION II :

August 13
August 14
August 15
August 16
August 17
August 18

**If you have questions, please contact
mathew.montelongo@ymcasv.org**

All sessions are 6 weeks long

CLASS DESCRIPTIONS

Butts & Guts

A butt-kicking, gut wrenching class aimed at improving your lower body and core. You will be lead through a total core and lower body workout using various exercises, equipment and techniques.

Ignite Weight Loss

Burn calories and build strength with specific movement patterns. Build a broader base of overall fitness with interval segments using equipment linked together in a fast-paced, high-calorie burn circuit.

Knock Out

A conditioning class that incorporates boxing fundamentals and partner sparring that includes an upper body workout using gloves and pad combination. We provide boxing gloves.

Olympic Weight Lifting

You will learn the technique of the two Olympic lifts; snatch and jerk. You will also learn complimentary lifts such as squats, bench, deadlifts that will help give you overall balance, strength, and speed. This transfers to all physical activities outside of the gym.

Men's / Women's Strength Training

This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training allows you to fit a huge variety of movements into your workout - meaning a full body challenge, and none of the boredom that can come with repetitive exercises. Plus, circuit training has all the metabolism and mood boosting benefits of standard resistance training.



BENEFITS

Most classes are self-paced workouts designed to be easily modifiable from gentle to athletically challenging.

The benefits to you are:

- Stronger body
- Better stamina
- Cardio fitness
- Better balance
- Quicker agility
- Sense of community
- Feeling of accomplishment

You also benefit from the staying power of group support:

- Connections with your group
- Support for your commitment
- Dedicated training
- Personal training
- Lower cost than 1:1 training

SESSION TIMES (All classes are 60 minutes)

MON	TUE	WED	THU	FRI	SAT
6:30 am MEN'S STRENGTH TRAINING Matt	6:00 am WOMEN'S STRENGTH TRAINING George	7:00 am BUTTS & GUTS Lina	6:00 am WOMEN'S STRENGTH TRAINING George	7:00 am BUTTS & GUTS Lina	10:00 am KNOCK OUT Jace/Josh
10:00 am WOMEN'S STRENGTH TRAINING George	7:30 am WOMEN'S STRENGTH TRAINING George	10:00 am WOMEN'S STRENGTH TRAINING George	7:30 am WOMEN'S STRENGTH TRAINING George	7:00 am MEN'S STRENGTH TRAINING Matt	
7:00 pm OLYMPIC WEIGHT LIFTING *) Michelle/Tyler	9:00 am WOMEN'S STRENGTH TRAINING Jace	7:00 pm OLYMPIC WEIGHT LIFTING *) Michelle/Tyler	9:00 am WOMEN'S STRENGTH TRAINING Jace	10:00 am WOMEN'S STRENGTH TRAINING George	
	9:00 am OLYMPIC WEIGHT LIFTING *) Michelle/Tyler		9:00 am OLYMPIC WEIGHT LIFTING *) Michelle/Tyler		
	6:00 pm IGNITE Peter		11:00 am KNOCK OUT Jace/Josh		
			6:00 pm IGNITE Peter		

Location: Personal Training Studio

*) This class meets twice per week. \$149 per session. Session 1 starts 7/9 & 7/11.