

SESSION TIMES (All Classes Are 60 Minutes)

SUN	MON	TUE	WED	THU	FRI	SAT
11:00 AM Ignite Josh	6:30 AM S.P.E.A.D Tyler	6:00 AM Functional Strength Tyler	6:30 AM S.P.E.A.D Tyler	6:00 AM Functional Strength Tyler	6:30 AM S.P.E.A.D Tyler	9:00 AM Olympic Lifting Onramp Tyler
	9:00 AM Functional Strength Tyler	7:30 AM Women's Strength George	9:00 AM Functional Strength Tyler	7:30 AM Women's Strength George	7:00 AM Women's Strength Lina	10:00 AM Knockout Josh
	10:00 AM Women's Strength George	4:00 PM Youth - HS Strength Training Tyler	10:00 AM Women's Strength Penny	9:00 AM Women's Strength Josh	9:00 AM Functional Strength Tyler	10:00 AM Olympic Lifting Tyler
	5:00 PM Youth - MS Strength Training Tyler		5:00 PM Youth - MS Strength Training Tyler	10:00 AM Knockout Josh	10:00 AM Women's Strength Josh	12:00 PM MAX Strength Tyler
	7:00 PM Olympic Lifting Tyler		7:00 PM Olympic Lifting Tyler	4:00 PM Youth - HS Strength Training Tyler		
	8:15 PM MAX Strength Tyler		7:30 PM Knockout Josh			
			8:15 PM MAX Strength Tyler			

Youth Strength Training is 90 minutes per session and \$208 for 8 weeks.

These classes are set up to meet 2-3 times per week. You can still sign up for once per week if you prefer.

NORTHWEST YMCA
20803 Alves Drive, Cupertino, CA 95014
408-257-7160 | www.nwymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A STRONGER YOU

Small Group Personal Training
NORTHWEST YMCA

WINTER 2019

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.

All sessions are 6 weeks long. Suggested ages 14 and older. Max 6 participants per class.

REGISTRATION

Register at Front Desk or call 408-351-2400.

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

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CLASS DESCRIPTIONS

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.

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.

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. Beginner and Intermediate level.

Olympic Lifting Onramp

Olympic Weightlifting is the ultimate combination of speed, strength, and movement. This class will teach trainees the basics of the Olympic Lifts: Snatch, Clean, and Jerk. This starts with a basic overview of the main positions and postures necessary for success with the lifts and progresses up to learning the lifts themselves. This class will also prepare trainees to enroll in our Intermediate level Olympic Lifting class.

MAX Strength

MAX Strength focuses on making improvements in strength by use of the "big four" lifts: Back Squat, Bench Press, Deadlift, and Overhead Press. Along with other accessory lifts, this program focuses on top end strength and balanced mobility to continue training at the highest level. Weak points in the lifts will be brought by focused supplementary work and progressions.

S.P.E.A.D

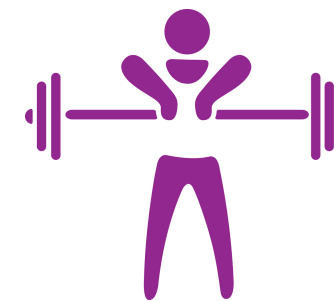
Strength, Power, Explosiveness, Agility, Durability. This class focuses on enhancing one or two of these attributes every six weeks while still maintaining the other qualities. This fluid approach will have you using barbells, kettlebells, sleds and other implements to increase all levels of fitness.

Functional Strength

A well balanced strength training program well-suited to all levels of fitness. Each training day will focus on: Mobility, Active Warmup, Power Development, Strength Development and Conditioning. Exercises are tailored to the individual to help them move better and improve quality of life.

Youth Strength and Conditioning

A strength and conditioning class that emphasizes constantly varied, high-intensity functional movement. Work cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy, maximizing your performance and fitness for Middle and High School Athletes.



Upcoming Sessions

Week of November 11 & December 30, 2019

Cost

Y Member \$90 / session

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

