Personal Training Studio Schedule

Franz Ross Park YMCA (941) 629-9622

SEE BACK OF SCHEDULE FOR SMALL GROUP TRAINING DESCRIPTIONS

Times	Mon	Tue	Wed	Thurs	Fri	Sat
A.M.						
6:00-7:00						
7:00-8:00						
8:00-9:00	8:30 Muscle-Up Small Group Training Ethie Various Locations					
9:00-10:00	9:30 Reformer & Total Body Conditioning Ethie		Reformer **& Total Body Conditioning w/Ethie**	TRX Resistance Training Linda	Reformer & Total Body Conditioning w/Ethie	9:30 Reformer &Total Body Conditioning Ethie
10:00-11:00						
P.M.						
4:00-5:00						
5:00-6:00						
6:00-7:00	6:05 Reformer &Total Body Conditioning w/Ethie		6:05 Reformer &Total Body Conditioning w/Ethie			
7:00-8:00						

Schedule is subject to change. All group training offered is an additional charge.

Small Group Personal Training Descriptions

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TRY YOUR FIRST CLASS FOR FREE!

Reformer Pilates:
Experience the Pilates reformer in a small group setting then add other small equipment. This class is designed with your specific needs in mind. It will improve strength, coordination, flexibility, balance and stability. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. Adding rings, rollers, balls, and spine corrector barrels and you will develop strength, and flexibility all in one class. Space is limited to 5 students. This enables our instructor to correct and modify for all fitness levels and ages.

TRX Small Group Training:
Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

TRX RIP Trainer:
Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance and coordination challenges in a 30 minute training session.
Rip Training utilizes elastic resistance that allows for high-speed, low-load rotational movement training or low-speed, high-load rotational movement training.

TRX/Yoga:
Make a huge contribution to your stability, durability and all-around movement with the TRX Yoga Fusion Workout.
Certified Personal Trainer: Linda

***Muscle-Up*:**
A 45 minute small group training class that will tone and shape your body. Learn proper technique and routines to build muscle and blaze fat.
Certified Personal Trainer: Ethie

CIRCUIT GROUP TRAINING: *4 week sessions, 8 client max.*
No one wants to look like a weight-training newbie, work with our certified personal trainers in an encouraging group setting and learn proper weight/resistance training techniques and routines, while getting fit & tone. Whether you have been "owning the weights", or need some introduction, we've got you covered!
Certified Personal Trainer: Anissa

WOW-Women on Weights-4 week program
Specific to women's needs, the 6 week WOW program assists women to learn the best resistance workouts for their bodies and goals.
Certified Personal Trainer: Anissa

Belly Dancing:
Have fun while melting the weight off in this small group setting. All levels welcome.
Certified Personal Trainer: Ethie

All-In Boot-Camp: This boot-camp led by personal trainers, Chris and Amanda, is a group training that includes various forms of strength training as well as cardiovascular training. All fitness levels welcome!

For more information on small group training opportunities, speak with one of our certified personal trainers or wellness director, Cheri Carr.

LET'S BE FRIENDS!