

# SPECIALTY TRAINING/ BOOT CAMPS

Kernersville and Stokes Family YMCAs Regional Newsletter

JANUARY-MARCH 2022

## FOR THOSE WITH SPECIFIC FITNESS GOALS, THE Y OFFERS VARIOUS SPECIALTY TRAINING AND BOOT CAMPS DESIGNED FOR SMALLER GROUPS.

Specialty fitness classes combine the unique elements of group training and accountability in a focused fitness environment. We cater to all fitness levels from beginner through advanced.

### Registration/Auto Draft Information

You can now auto draft on all Specialty Training and Boot Camps in our operation system. Each Specialty Training/Boot Camp is between 5-12 participants. Please see below for more information regarding trainers, dates and specific times. Online registration is now available for programs on our website at [www.ymcanwnc.org](http://www.ymcanwnc.org).

### QUESTIONS?

Please contact Erin Johnson at [e.johnson@ymcanwnc.org](mailto:e.johnson@ymcanwnc.org) or Sabrina Lawrence at [s.lawrence@ymcanwnc.org](mailto:s.lawrence@ymcanwnc.org).



## STOKES FAMLY YMCA

### Specialty Training

#### SPRINT 8

Elevate your HIIT workout with this cardio-based workout. All levels welcome!

**COACH:** Jessica

**SESSIONS DATES:** January 3-28,

January 31-February 25,

February 28- March 25

**DAYS/TIME:** Monday/Friday

8:30-9:00am, Wednesday 8:00-9:00am

**FEE:** \$115 Members and

\$140 Potential Members

### Boot Camps

#### FITNESS FRAMEWORK BOOT CAMP

Resolve to make 2022 the year that is about YOU! Be the best version of yourself by joining Jessica for her weekly Boot camp focused on overall health and well-being. Focusing on your physical strength and endurance through HIIT style workouts will help heal and build from the inside out!

**COACH:** Jessica

**SESSION DATES:** January 4-27, February 1-24, March 1-24

**DAYS/TIME:** Tuesday/Thursday  
6:00-7:00pm

**FEE:** \$75 Members and \$100 Potential Members



## Boot Camps

### LYFT BOOT CAMP

Proper technique when strength training helps with optimizing your performance, injury prevention, as well as improving overall strength and body composition. Whether you are an athlete or a fitness enthusiast, learning these techniques at a young age will help with long-term success. Join Daniel for an opportunity to learn the important basics to the weight room.

**COACH:** Daniel

**AGES 18 AND UP SESSION:** Monday/Wednesday 5:30-6:30pm; January 3-26, January 31-February 23, February 28-March 23

**AGES 12-18 SESSIONS:** Tuesday/Thursday 4:30-5:30pm; January 4-27, February 1-24, March 1-24

**DAYS/TIME:** ???

**FEE:** \$75 Members and \$100 Potential Members

### FIND YOUR FIT BOOT CAMP

Explore the versatility that a workout can offer with Michelle's favorites. Kettlebell, HIIT, Bosu, TRX, and Pedal & Pound will all be highlighted during her monthly sessions. All levels can be successful!

**COACH:** Michelle

**SESSIONS:** January 3-27, January 31-February 24, February 28-March 24

**DAYS/TIME:** Monday/Thursday 6:00-7:00pm

**FEE:** \$75 Members and \$100 Potential Members



## SPECIALTY PROGRAMS

### LIFESTYLE 360: A Comprehensive Weight Loss Program (8 week program)

Losing weight in a healthy, sustainable way can reduce your risk to various chronic diseases. LifeStyle 360 gives participants the tools they need to do just that in a supportive space, led by staff who will teach lessons and skills that will last a lifetime! Recommended for those with a Body Mass Index (BMI) of 25 or higher.

**START DATE:** February 7 (runs for 8 weeks)

**DAYS/TIMES:**

**Kernersville Family YMCA:** Monday/Wednesday/Friday 7:30-8:30am

**Stokes Family YMCA:** Monday/Wednesday/Friday 5:30-6:30pm

**FEE:** \$175 Members/\$225 Potential Members (can be broken into 2 monthly payments)

### YMCA'S DIABETES PREVENTION PROGRAM (DPP) (52 week program)

Diabetes and pre-diabetes have become common issues for many adults today. When managed properly, people can go on to live healthier lives. But when it is not, several different health concerns can come into play. The Y has a program that helps you manage or prevent developing type 2 diabetes. **Virtual Offering.**

**START DATE:** January 24

**DAYS/TIMES:** Mondays at 6:30pm

**FEE:** The program fee is normally \$429 for Members and Potential Members.

Thanks to a generous grant from NC State University, the \$429 program fee has been reduced to a registration fee of \$50. Participants will have the opportunity to earn back this \$50 registration fee through meeting program and attendance goals. More information will be shared about this incentive prior to collecting the registration fee.

### LIVESTRONG® AT THE YMCA (12 week program)

LIVESTRONG® at the YMCA focuses on the person, not the disease. This is a research-based, 12-week program that offers cancer survivors a supportive environment to participate in physical and social activities that focus on mental, emotional, and physical health. Participants have the opportunity to improve their physical strength, flexibility, endurance, and more at no cost.

**Kernersville Family YMCA**

Start Date: April 5

Days/Time: Monday/Wednesday 1:30-3:00pm

**Stokes Family YMCA**

Start Date: April 18

Days/Time: Monday/Wednesday 1:30-3:00pm

**FEE:** \$0

## BRING A FRIEND TO SPECIALTY TRAINING/ 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 both get 50% off that month's session. Month-to-month trainings only including Youth and Teen Wellness programs.

## Innovative Fitness Add-Ons

### MYZONE SWITCH 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 throughout our facilities. Myzones are available for purchase at the Kernersville and Stokes Family YMCAs Welcome Desks.

**Now with TWO options for you!**

#### MZ-3 Activity Belt

The award-winning original, with extra connectivity and a memory boost. Track your heart rate and effort anywhere, collect MEPs and plug into a community that works hard to feel good.

#### MZ-Switch – now available!

The world's first interchangeable heart rate monitor for the gym, outdoor, or in water. Wearable three ways, switch between the chest, wrist and arm, depending on your choice of physical activity.

**\$75.00 Member Price**  
**(\$149.99 Regular Price)**

## FIT 3D PROSCANNER

FIT3D ProScanner is a total assessment platform that will transform your methodology to quickly analyze and monitor your body's composition. In 40 seconds, FIT3D's state-of-the-art technology precisely captures your fitness progress, including: Full Body 360° 3D Image, 400+ measurements, Posture analysis, Body composition, Body shape rating, Weight, Balance, and Private Assessment Report via email. With the FIT3D ProScanner, Y members can optimally set, meet, and exceed their fitness and wellness goals. Register and make an appointment at the Kernersville Family YMCA Welcome Desk today or email [e.johnson@ymcanwnc.org](mailto:e.johnson@ymcanwnc.org)! We recommend you scan every 4-6 weeks.

Member Cost: \$25

5 scans: \$100

8 scans: \$175

12 scans: \$250

Potential Member Cost: \$50

5 scans: \$150

8 scans: \$225

12 scans: \$300

