

SPECIALTY TRAINING/ BOOT CAMPS

Kernersville and Stokes Family YMCAs Regional Newsletter

APRIL-JUNE 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.

QUESTIONS?

Please contact Erin Johnson at e.johnson@ymcanwnc.org or Sabrina Lawrence at s.lawrence@ymcanwnc.org.



STOKES FAMILY YMCA

20/20/20 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

SESSIONS DATES: April 5-28, May 3-26, June 7-30

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

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

STOKES FAMILY YMCA

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**.

STOKES FAMILY YMCA

START DATE: April 18, 2022

DAYS/TIME: Monday/Wednesday
1:30-3:00pm

KERNERSVILLE FAMILY YMCA

JAB SESSION 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

SESSION DATES: April 4-28, May 2-26, June 6-30

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

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