

SPECIALTY TRAINING/ BOOT CAMPS

Robinhood Road and
William G. White, Jr.
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.

QUESTIONS?

Please contact Blake Suess at b.suess@ymcanwnc.org or Susanna O'Connell at s.oconnell@ymcanwnc.org.

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.



ROBINHOOD ROAD FAMILY YMCA

Specialty Training

AFTERBURN

AFTERBURN is a 45 minute, 75% cardio based HIIT training class that uses Myzone technology to push you to your max Heart Rate using our State of the Art Equipment such as Reflex Treadmills, Versa Climbers, Air Runners, integrated with some floor work. Intensity is based on your individual heart rate zones, making the workout effective for all fitness levels. Coaches will lead this small group class to maximize your results.

COACHES: Karen Simmons, Angie Lynde, Blake Suess, Desi Melenick and Susanna O'Connell

SESSIONS MONDAY/WEDNESDAY:

5:30am-6:15am, 6:30am-7:15am, 9:15am-10:00am or 12:00pm-12:45pm; April 4-27, May 2-30 (Limited branch hours on May 30), June 1-29, and July 4-27 (Limited branch hours on July 4)

SESSIONS TUESDAY/THURSDAY:

5:30am-6:15am; April 5-28, May 3-31, June 2-30, and July 5-28

SESSION FRIDAY: 12:00pm-12:45pm; April 1-29, May 6-27, June 3-24, and July 1-29

MONTHLY FEE: \$75/Members or \$125 to include your Myzone belt (you must own a Myzone belt to participate in the class) Fridays only \$40/Members

BRANCH LOCATION: Robinhood Road Family YMCA

BOXING FOR FITNESS

A non-contact HIIT program that combines classic boxing techniques & tactics with functional movements: Interval Training, Heavy Bag Drills, Hand Pad Drills, and Calisthenics.

TRAINER: Cameron Sato

SESSION DATES: April 5-28, May 3-31, June 2-30, and July 5-28

NEW! DAYS/TIME: Tuesday & Thursday, 6:00pm-6:45pm

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: Robinhood Road Family YMCA

LES MILLS GRIT

Les Mills GRIT is a 30 minute HIIT small group training, offered in 8-week sessions. The Les Mills GRIT series consists of three unique high-intensity interval-training workouts: Strength, Athletic, and Cardio.

COACHES: Carolyn Khattab, Karen Simmons, Lacy Southerland, Jessica Long, Angie Lynde and Susanna O'Connell

SESSIONS MONDAY/WEDNESDAY:

5:30am-6:00am; New 8 Week Session! April 4 – May 27, New 4 Week Session! June 6 – July 1

SESSIONS TUESDAY/THURSDAY:

5:30am-6:00am, 6:30am-7:00am, 9:15am-9:45am, 4:30pm-5:00pm; New 8 Week Session! April 5 – May 27, New 4 Week Session! June 7 – July 1

GRIT CARDIO/BOUNDS WORKOUT:

Friday, 5:30am-6:00am or Saturday, 8:30am-9:00am

FEES: 4 WEEK SESSION: \$88 Members / \$113 Potential Members

8 WEEK SESSION: \$175 Members / \$225 Potential Members

GRIT CARDIO/BONUS WORKOUT:

Per class: \$10 Members/\$20 Potential Members

10 classes: \$80 Members/\$160 Potential Members

No additional cost for the current GRIT session participants.

BRANCH LOCATION: Robinhood Road Family YMCA

ROBINHOOD ROAD FAMILY YMCA

NEW! Limited Edition GRIT tank or shirt \$15 Members (Orders must be in by March 21)
GRIT Special: "Commit to GRIT" discount for repeat session GRITters! Contact Debbie Combs, Susanna O'Connell or the Welcome Desk for more details!

Boot Camps

HILL TOPPERS BOOT CAMP

Hill Toppers Boot Camp for adults ages 55 and older a circuit-style workout with tailored exercises that safely and enthusiastically improve hearts, mood, lungs, muscles, brain, and overall health.

TRAINER: Robin Coffey

SESSION DATES: April 5-28, May 3-31, June 2-30, and July 5-28

DAYS/TIME: Tuesday & Thursday, 8:30am-9:30am

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: Robinhood Road Family YMCA

TRIM & TONE BOOT CAMP

Trim & Tone Boot Camp is a beginner level circuit-style workout involving

cardio, weight machines, functional and free weights. This Boot Camp focuses on weight loss and muscle toning.

TRAINER: Stephanie Hamberis

SESSION DATES: April 5-28, May 3-31, June 2-30, and July 5-28

DAYS/TIME: Tuesday & Thursday, 11:00am-12:00am

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: Robinhood Road Family YMCA

CROSS-TRAIN BOOT CAMP

Cross-Train Boot Camp is a challenging, yet rewarding, training program structured around the ten components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and flexibility. All workouts can be modified, making it perfect for any committed individual, regardless of experience.

TRAINERS: Desi Melenick and Christopher Layton

SESSION DATES: April 4-27, May 2-30 (Limited branch hours on May 30), June 1-29, and July 4-27 (Limited branch hours on July 4)

DAYS/TIME: Monday & Wednesday, 9:30am-10:30am

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: Robinhood Road Family YMCA

TRX BODY BLAST BOOT CAMP

TRX Body Blast Boot Camp is a bodyweight exercise class that develops strength, power, endurance, balance, and core stability. Whether you're young or old, out of shape or a pro athlete, injured or at the top of your game, TRX Suspension Training meets you where you are and takes you to your next level of fitness.

TRAINER: Cameron Sato

SESSION DATES: April 4-27, May 2-30 (Limited branch hours on May 30), June 1-29, and July 4-27 (Limited branch hours on July 4)

DAYS/TIME: Monday & Wednesday, 5:00pm-6:00pm

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: Robinhood Road Family YMCA

Specialty Training

AFTERBURN AIR

AFTERBURN AIR is a 45 minute, 75% cardio based HIIT training class that uses Myzone technology to push you to your max Heart Rate using our State of the Art Equipment such as Concept 2 Rowers, Concept 2 SkiErgs, Airdyne Pro Bikes and Octane MTX Max Trainers, integrated with some floor work. Intensity is based on your individual heart rate zones, making the workout effective for all fitness levels. Coaches will lead this small group class to maximize your results.

COACHES: Desi Melenick, Susanna O'Connell, Adam Cardwell, Blake Suess, and Stephanie Winfrey

SESSIONS TUESDAY/THURSDAY:

4:30pm-5:00pm; April 5-28, May 3-31, June 2-30, and July 5-28

SESSION SATURDAY: 9:00am-9:45am; April 2-30, May 7-28, June 4-25, and July 9-30 (No class July 2)

MONTHLY FEE: \$75/Members or \$125 to include your Myzone belt (you must own a Myzone belt to participate in the class) Saturdays only \$40/Members or \$60/Potential Members OR Drop in (per class) \$10/Members or \$20/Potential Members

BRANCH LOCATION: William G. White, Jr. Family YMCA

Boot Camps CROSS TRAINING BOOT CAMP

Outdoor Cross Training Boot Camp is a challenging, yet rewarding, training program structured around the ten components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination, and

flexibility. All workouts can be modified and are appropriate for all fitness levels.

TRAINER: Desi Melenick

SESSION DATES: April 5-28, May 3-31, June 2-30, and July 5-28

DAYS/TIME: Tuesday & Thursday, 12:00pm-12:45pm

FEE: \$75/Members and \$100/Potential Members per session

BRANCH LOCATION: William G. White, Jr. Family YMCA



WILLIAM G. WHITE, JR. FAMILY YMCA

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

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.

Myzone TV screens are available throughout our facilities.

MZ-Switch are available for purchase at the Robinhood Road and William G. White, Jr. Family YMCAs Welcome Desk. \$75.00 Member Price (\$159.99 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 Robinhood Road Family YMCA Welcome Desk today or email b.suess@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

