

# SPECIALTY TRAINING/ BOOT CAMPS

Davie, Jerry Long  
and Yadkin  
Family YMCAs  
Regional Newsletter  
APRIL-JUNE 2023

## 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 Daniel Gilbert [d.gilbert@ymcanwnc.org](mailto:d.gilbert@ymcanwnc.org)  
or Debbie Combs [d.combs@ymcanwnc.org](mailto:d.combs@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](http://www.ymcanwnc.org).

One visit drop-in fees are available - \$10/Members, \$15/Potential Members.



## JERRY LONG FAMILY YMCA

### 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 Concept 2 Rowers, Concept 2 Ski Ergs, Airdyne Pro Bikes and Octane MTX Max Trainers, integrated with some floor work. Coaches will lead this small group class to maximize your results.

**COACH:** Steff

**DAYS/TIMES:** Monday/Wednesday  
6:05-6:50am

**FEE:** \$75

### FIERCE & FIT

Designed with females in mind! This 45-min boot camp will incorporate a mix of high-intensity cardio and weights to create a full-body workout. All fitness levels are welcome!

**COACH:** Patty

**DAYS/TIMES:** Friday  
8:30-9:15am

**FEE:** \$40 members/  
\$65 potential members

### TRIM & TONE

Trim & Tone is an intermediate level class that combines total body work using cardio, TRX, weight machines, and free weights. All exercises can be modified for any beginner. This boot camp focuses on weight loss and muscle toning utilizing interval and rep based training.

**COACH:** Emily

**DAYS/TIMES:** Monday/Wednesday  
6:15-7:00pm

**FEE:** \$60 members/\$85 potential members

### BEGINNER BASICS BOOT CAMP

Fitness Foundations is a circuit-style workout focusing on cardio, strength, and balance. This is great for beginners and those who are already exercising but have been away from fitness for a period of time.

**COACH:** Elaine

**DAYS/TIMES:** Monday/Wednesday  
8:00-9:00am

**FEE:** \$75 members/  
\$100 potential members

### LEVEL UP INTERMEDIATE BOOT CAMP

Sets for Success Boot Camp is designed for individuals who are new to circuit training style workouts and for those who have been away from fitness for a period of time. Stay on track and have fun at the same time!

**COACH:** Elaine

**DAYS/TIMES:** Monday/Wednesday  
9:15-10:15am

**FEE:** \$75 members/\$100 potential members

### PICKELBALL 101 CLINIC

In this skills clinic, you will build basic fundamental skills to play pickleball, one of the fastest growing sports in the nation. Coaches will work with you to develop skills and understanding of the game of pickleball. Whether you're a beginner or would like to hone in your skills this skills clinic is for you!

**COACHES:** Mike and Laura

**DAYS/TIMES:** Tuesday 9:00-10:00am

**FEE:** \$40 members/  
\$65 potential members

## CREATING CHANGE BOOT CAMP

This class will help change your life one workout at a time! We are all working together to achieve a healthier lifestyle through cardio, weight training in a judgment-free and fun atmosphere. This class is perfect for those who are new to exercise or are looking to lose weight and become healthier. Come join us and make the first step to change your health and your life!

**COACH:** Celia

**DAYS/TIMES:** Tuesday/Thursday

7:00-8:00pm

**FEE:** \$75 members/

\$100 potential members

## CROSSTRAIN FOR YOUTH

CROSSTRAIN for Youth is a program for young adults ages 7-12 that consists of high intensity, functional movements to improve coordination, increase both strength and cardiovascular endurance, and most importantly have fun!

CROSSTRAIN for Youth at the YMCA delivers a fitness program that is broad, general and inclusive, making it perfect for all kids.

**COACH:** Celia

**DAYS/TIMES:** Tuesday/Thursday

6:00-6:45pm

**FEE:** \$75 members/

\$100 potential members

## BOXING FOR FITNESS AND SELF DEFENSE

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

**EQUIPMENT REQUIRED:**

-Boxing Gloves (The most essential thing you can have for class)

-Boxing Hand Wraps (Hand wraps are important for your safety)

**COACH:** Matt

**DAYS/TIMES:**

Tuesday/Thursday 6:30-7:30pm and

Saturday 8:15-9:15am

**FEE:** Tuesday/Thursday:

\$80 members/\$105 potential members

Saturday:

\$40 members/\$50 potential members

## LES MILLS GRIT

LES MILLS GRIT is offered in 4 or 8 week sessions. It consists of three unique HIIT (high-intensity interval training) workouts: GRIT ATHLETIC, GRIT CARDIO, GRIT STRENGTH. Each has been through rigorous scientific testing to ensure maximum results, safely. Workouts are led by certified, highly trained coaches who work the floor providing one-on-one coaching, perfecting technique and motivating you to push yourself. Session also includes a closed FB page, an optional

21 day food plan, and optional fitness tests and a FIT3D scan at the start and finish of the session to track your results. Whether you're already fit and looking for something to take your training up a notch, or in need of a healthy lifestyle change, LES MILLS GRIT is perfect for you!

**COACHES:** Elaine, Emily, Holly, John, Marcia, Patty

**SESSIONS:** 8 week session Apr 3-May 26

4 week session June 5-June 30

**DAYS/TIMES: Monday/Wednesday:**

5:30am-6am, 8:30am-9am,

6:00pm-6:30pm

**Tuesday/Thursday:** 6:00am-6:30am,

9:30am-10am

**Cardio/Bonus Workout:** Saturday

9:30am included in the session

**FEE:** 4-Week \$88 members/\$113

potential members; 8-Week \$175

members/\$225 potential members

**Cardio/Bonus Workout:** Per class:

Included for session GRITters, \$10

members/\$20 potential members, or 10

classes: \$80 members/\$160 potential

members

## CROSSTRAIN

CROSSTRAIN 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.

**COACH:** Luke

**DAYS/TIMES:** Tuesday/Thursday

9:00-10:00am

**FEE:** \$75 members/

\$100 potential members

## MAX EFFORT BOOT CAMP

The best 45 minutes of your day! You will be pushed and encouraged to limits you did not know you were capable of. It has everything from barbells to calisthenics. All fitness levels will be able to participate. No matter if you are a seasoned veteran in the gym or just getting started, there is a place for you here!

**COACH:** Daniel

**DAYS/TIMES:** Monday/Wednesday

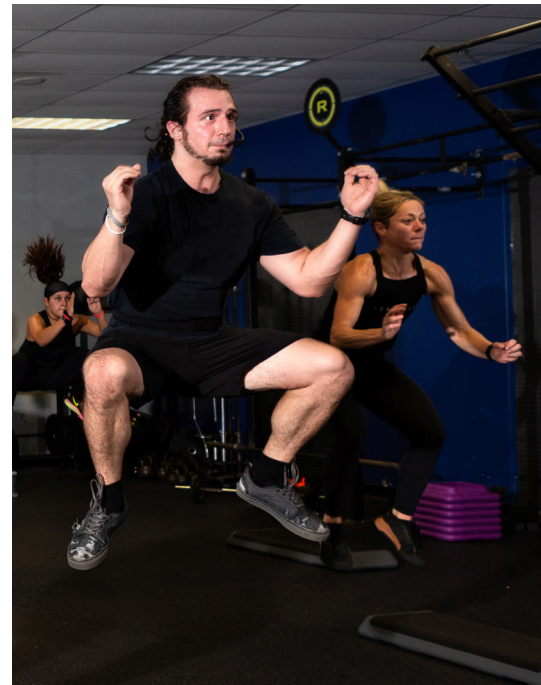
5:00-5:45pm and Tuesday/Thursday

12:00-12:45pm

**FEE:** \$60 members/

\$85 potential members

## DAVIE FAMILY YMCA



## TOTAL BODY TRX

Total Body TRX 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.

**COACH:** Juli Miller

**DAYS/TIMES:** Tuesday/Friday,  
10:00-10:45am

Tuesday/Thursday, 5:30-6:15pm

**FEE:** \$60 members/  
\$85 potential members

## HIIT 101

A 30 minute small group training that includes functional workouts and compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

**COACH:** Julie Hardison

**DAYS/TIMES:** Monday/Wednesday  
10:00-10:30am

**FEE:** \$40 members/  
\$75 potential members

## CYCLE CORE BOOT CAMP

This 45 minute Boot Camp will combine cardio and core exercises to tone and condition. We will utilize circuit training, HIIT, hills, and sprints with a focus on the core off of the bike.

**COACH:** Becca

**DAYS/TIMES:** Tuesday/Thursday  
10:00-10:45am

**FEE:** \$60 members/  
\$85 potential members

## FIT & FUNCTIONAL BOOT CAMP

This 45 minute Boot Camp is designed to challenge you to the next level by incorporating functional fitness exercises

mixed with cardiovascular, athletic, and resistance training to create a more fit and tough you!

**COACH:** Julie

**DAYS/TIMES:** Monday/Wednesday  
5:15-6:00am

**FEE:** \$60 members/  
\$85 potential members



## 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 Davie, Jerry Long, and Yadkin Family YMCA 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 Jerry Long Family YMCA Welcome Desk today or email [d.gilbert@ymcanwnc.org](mailto:d.gilbert@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

## 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.