

# SPECIALTY TRAINING/ BOOT CAMPS

WILKES  
FAMILY  
YMCA

## 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?

Questions? Please contact Heather Warren at [h.warren@ymcanwnc.org](mailto:h.warren@ymcanwnc.org) or Erin Johnson at [e.johnson@ymcanwnc.org](mailto:e.johnson@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).



## 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:** Heather Warren, Christina Reins, Cherie Browder, Ellen Adams, and Shaun Creamer

#### MONDAY/WEDNESDAY:

5:15am-6:00am, 12:00pm-12:45pm

#### TUESDAY/THURSDAY:

6:00pm-6:45pm

**MONTHLY FEE:** \$75/Members or

\$125 to include your Myzone belt (you must own a Myzone belt to participate in the class)

## Boot Camps

### 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. Camp sessions run monthly.

**TRAINERS:** Christina Reins, Cherie Browder, Ellen Adams, and Shaun Creamer

**DAYS/TIME:** Tuesday/Thursday

5:15am-6:00am

**FEE:** \$60/Members and \$85/Potential Members per session

### TRX BOOT CAMP

TRX Boot Camp develops strength, power, endurance, balance, and core stability. This Boot Camp involves compound and isolation exercises using a mixture of TRX bands and free weights. TRX Suspension Training meets you where you are and takes you to your next level of fitness. Camp sessions run monthly.

**TRAINERS:** Christina Reins, Cherie Browder, & Ellen Adams

**DAYS/TIME:** Tuesday/Thursday  
12:00pm-12:45pm

**FEE:** \$60/Members and \$85/Potential Members per session

SHAUN CREAMER



ELLEN ADAMS



CHRISTINA REINS



CHERIE BROWDER

