



High Performance Studio #2

Jump Stretch and 12 Rounds are Paid Classes.

You must be on the roster to attend the classes. Please sign up at the front desk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30AM	Strength & Stretch (Free) Carl		Strength & Stretch (Free) Carl		Strength & Stretch (Free) Carl	
10:00-11:00AM						12 Rounds Clemate/Ali
11:15AM-12:00PM						12 Rounds Kids (Free) Clemate
5:00-6:00PM	Jump Stretch Orientation		12 Rounds Clemate		12 Rounds Clemate	
5:15-6:15PM		Athletic Jump Stretch Carl		Athletic Jump Stretch Carl		
6:15-7:15PM	12 Rounds Clemate/Ali	VCTRY Carl	12 Rounds Clemate/Ali	VCTRY Carl		

12 Rounds: A dynamic circuit training, all around boxing format, agility, flexibility, speed, power, resistance, hand/eye coordination, total body experience. 24 person max. You may bring your own gloves. Preferred: bring your own wraps.

VCTRY: Variable Intensity Circuit Training and Reconditioning at the YMCA focuses on flexibility, circuit training, and conditioning doing variable intensity exercises. Designed for recreational athletes and members or community members who want to get in shape with low-impact on joints. For more information, please contact the Central Y.

Athletic Jump Stretch: Athletic Training (High Intensity) This class is for athletes who are interested in increasing vertical jump, explosiveness, speed, along with injury prevention. The class focuses on working on performance and coaching proper movement patterns to increase athleticism. Pre and Post athletic testing is done. Jump Stretch Orientation is recommended before the first class. 20 Person Max

Team Session Jump Stretch: Ask about our Team Training Option. Days and Times Vary

Strength and Stretch: (Formerly Strong Fit): A free class that combines elements of the Basic Jump Stretch Class with a high intensity circuit. Flexibility is a key component: Great for all levels

12 Rounds Kids: A free 45-minute fun class that gets kids active and teaches basic exercise skills while getting a great workout. There is a \$10 fee for nonmembers.

Registration for 12 Rounds

6 Week Sessions

Fall 1 Registration:

August 14 – September 10

Fall 1 Session (Classes take place):

September 11 - October 21

Fees: Register for the Day and Time you will be attending

1 Class per Week = Members \$5; Non-Members \$27.50 for the 6 weeks

2 Classes per Week = Members \$10; Non-Members \$55 for 6 weeks

3 Classes per Week = Members \$15; Non-Members \$82.50 for 6 weeks

4 Classes per Week = Members \$20; Non-Members \$110 for 6 weeks

- Registering for one class and attending a different day and time is not permitted.

Registration for 12 Rounds Kids

Free for Members; \$10 for Non-Members

Please register at the front desk even though the class is free.

Registration for Jump Stretch

Runs by the Month

Registration is rolling, but classes run the 1st of the month to the end of the month.

Fees:

Basic Class: \$8 for Members; \$40 for Non-Members

Athletic Class: \$10 for Members; \$55 for Non-Members

- No prorating
- Choose either basic or athletic classes.
- Registering for basic and attending athletic is not permitted.

Registration for Strength and Stretch

Member registration not required. Class is free with membership.

Program Member registration required.

Program Member Fees: \$55 per month unlimited