

# High Performance Studio #2

**Jump Stretch, VCTRY, Extreme Kids 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
<b>9:30-10:30AM</b>	Strength & Stretch (Free) Carl		Strength & Stretch (Free) Carl		Strength & Stretch (Free) Carl	
<b>10:00-11:00AM</b>						12 Rounds Clemate
<b>11:15AM-12:00PM</b>						12 Rounds Kids (Free) Clemate
<b>3:45-4:45PM</b>	Athletic Jump Stretch Carl		Athletic Jump Stretch Carl			
<b>5:00-6:00PM</b>	5:15-6:00 p.m. Extreme Kids		12 Rounds Clemate		5:15-6:00 p.m. Extreme Kids	12:30-1:30 p.m. Jump Stretch Orientation
<b>5:15-6:15PM</b>		Athletic Jump Stretch Carl		Athletic Jump Stretch Carl		
<b>6:15-7:15PM</b>	12 Rounds Clemate	VCTRY Carl	12 Rounds Clemate	VCTRY Carl	12 Rounds Clemate	

**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 (VCTRY) focuses on flexibility, circuit training, and conditioning doing variable intensity exercises. 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. Jump Stretch/VCTRY Orientation is recommended before the first class. 20 Person Max

**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 (to members) 45-minute fun class that gets kids active and teaches basic exercise skills while getting a great workout.

## **Registration for 12 Rounds**

### **6 Week Sessions**

#### **Fall 2 Session (Classes take place):**

October 23 – December 3, 2017

#### **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**

Members and Non-Members, please register at the front desk even though the class.

Non-Members: \$55/Session

## **Registration for Jump Stretch**

### **Runs on the Month**

Registration is rolling, but classes run the 1<sup>st</sup> of the month to the end of the month.

### **Fees:**

VCTRY 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 isn't permitted.

## **Registration for Strength and Stretch**

### **Runs on the month**

Member registration not required. Class is free with membership.

**Program Member registration required.**

**Program Member Fees: \$55 per month unlimited**