



MAX RESULTS ROOM | GROUP PERSONAL TRAINING September 2012 Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	RIP: 60 STRENGTH	SHRED & SHED	RIP: 60 STRENGTH	SHRED & SHED	RIP: 60 STRENGTH	
8:15 AM	Y CROSS	HIT	Y CROSS	HIT	Y CROSS	KETTLE BELL CORE
9:30 AM						Y CROSS KIDS (AGES 8-13)
5:30 PM	EXPRESS FIT (30 MIN)	RIP: 60 STRENGTH	EXPRESS FIT (30 MIN)	RIP: 60 STRENGTH		
6:00 PM	POWER PLATE SCULPT (30 MIN)		POWER PLATE SCULPT (30 MIN)			
6:30 PM		EXPRESS FIT (30 MIN)		EXPRESS FIT (30 MIN)		
7:30 PM	KETTLE BELL CORE		KETTLE BELL CORE			

MAX RESULTS ROOM | GROUP PERSONAL TRAINING for all levels of Fitness.

Free Demo Classes: September 17-30

Group introductory rates: 10 classes for \$100 starting in October

Questions? Kim Gilchrist 813-684-1371 or email kimberly.gilchrist@tampaymca.org

Campo Family YMCA

3414 Culbreath Rd. | Valrico, FL 33596 | 813.684.1371 | www.tampaymca.org

CLASS DESCRIPTIONS

Rip:60/Strength: Suspension training – a total body workout perfect for users of all fitness levels. Lose weight, strengthen muscles, and increase flexibility, power and endurance.

Y Cross: A circuit style class that combines cardio, strength, power, endurance, flexibility and core in a fast paced environment.

Express Fit: An express workout focused on challenging you by using your body weight, Bosu, kettlebells, bands and more. Time and intensity will be a focus.

Power Plate/Sculpt: An intense total body workout that incorporates the five key elements of effective training – stretch, balance, core, strength and massage. These 30 minute workouts use Acceleration Training from Power Plate along with other exercises to give you a high intensity workout which will burn fat, improve coordination and flexibility, and increase strength.

Kettlebell/Core: A strength and endurance workout using a combination of different exercises. This is a great way to improve mobility and range of motion and increase strength. Get out of your rut and try something new with kettlebells.

Shred n' Shed: An all inclusive, challenging full body workout that will push you to your limits and beyond. Come ready to be challenged in every component of fitness and leave with a sense of tremendous accomplishment.

HIT (High Intensity Training): Fun, out of the box, exercises designed to challenge your total body at an intense, fast level. Workouts vary, incorporating weights, Rip:60 and other techniques.

