



YMCA of Youngstown Central

High Performance Studio #2

March 1–May 1, 2021

Group Exercise Studio

Download the MindBody App to Register for all classes.

Please bring a mat, towel, water. No towels or mats will be provided.

[Paid classes, please register at the front desk.](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	HIIT w/John		HIIT w/John			
9:00-10:00 AM	Basic Jump Stretch		Basic Jump Stretch		Basic Jump Stretch	8:30-9:30 AM Jump Stretch Orientation <small>Registration Required</small>
10:30-11:30 AM					12 Rounds w/Clemate	
11:30AM-12:15PM						Little Warrior Workout (Ages 7-12)
4:00 – 5:00 PM	*Athletic Performance Training (Paid)		*Athletic Performance Training (Paid)			
5:15-6:15 PM		*Athletic Performance Training (Paid)		*Athletic Performance Training (Paid)		
5:30-6:30PM	12 Rounds w/Julius	6:30-7:30 Basic Jump Stretch	12 Rounds w/Clemate			

Athletic Jump Stretch is paid. Members: \$5/chosen day/month Non-Members: \$27.50/chosen day/month

12 ROUNDS: NOW FREE WITH MEMBERSHIP–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.

ATHLETIC PERFORMANCE TRAINING: (PAID) (FORMERLY ATHLETIC JUMP STRETCH) (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. 20 PERSON MAX

BASIC JUMP STRETCH: LIKE OUR ATHLETIC JUMP STRETCH, EXCEPT THERE ISN'T ANY JUMPING OR TESTING. WORK AT YOUR OWN LEVEL OF INTENSITY THAT WILL GET YOU IN TO YOUR BEST SHAPE. THE CLASS FOCUSES ON FLEXIBILITY, CIRCUIT TRAINING, AND CONDITIONING DOING VARIABLE INTENSITY EXERCISES. GREAT FOR RECREATIONAL ATHLETES AND MEMBERS OR COMMUNITY MEMBERS WHO WANT TO GET IN TO SHAPE WITH LOW-IMPACT ON JOINTS. THE JUMP STRETCH ORIENTATION CLASS IS RECOMMENDED BEFORE THE FIRST CLASS. (20 PERSON MAX)

LITTLE WARRIOR WORKOUT: Free but Registration Required; For kids ages 7-13, Learn how to properly workout while having fun

TEAM ATHLETIC PERFORMANCE TRAINING: ASK ABOUT OUR TEAM TRAINING OPTION, PRICING; DAYS AND TIMES VARY.

Y-HIIT: A HIGH INTENSITY INTERVAL TRAINING MAT BASED CLASS WITH EMPHASIS ON STRENGTHENING THE CORE MUSCLES. THIS QUICK INTENSE CLASS COMBINES BASIC CALISTHENICS WITH A TIMING SEQUENCE OF FORTY SECONDS OF WORK AND TWENTY SECONDS OF RECOVERY.