



Athletic Performance Center

Central YMCA

February 20–April 8, 2023

*Paid programs (in green), please register at the Service 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 w/Carl		Basic Jump Stretch w/Carl		Basic Jump Stretch w/Ariel	
9:30-10:30 AM						*Athletic Performance Training (Paid)
10:30-11:30 AM		BootCamp w/ Mark		BootCamp w/Meri		BootCamp w/ Mark
11:30-12:00 PM		Stretch Express w/Ariel		Stretch Express w/Carl		Orientation to Jump Stretch
4:00-5:00 PM	*Athletic Performance Training (Paid)	*Olympic Lifting 6 weeks Ages 13-18 Feb 21–April 4 (Paid)	*Athletic Performance Training (Paid)			
5:00-5:45pm	*Olympic Lifting 6 weeks Ages 6-8 and 9-12 Feb 20–April 3 (Paid)					
5:15-6:15 PM		*Athletic Performance Training (Paid)		*Athletic Performance Training (Paid)		
6:00-7:00PM	12 Rounds w/Julius		12 Rounds w/Clemate		12 Rounds w/Clemate	
6:30-7:30		Basic Jump Stretch w/Carl		Basic Jump Stretch w/Ariel		

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.

Basic Jump Stretch: While working at your own level of intensity, the class focuses on flexibility, circuit training, and conditioning doing variable intensity exercises. Great for rec athletes and members or community members who want to get in to shape with low impact on joints.

BootCamp: Each class focuses on different muscle groups to give you a hardcore, full body workout each week. Utilizing multiple training methods, this class will get you fit quick. **Free for Members/ \$55 Non-Member per month**

Y-HIIT: A high intensity interval training mat-based class with emphasis on strengthening the core muscles.

Runs on the Month:

Athletic Performance Training: (Formerly Athletic Jump Stretch) (High Intensity) This program 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. **Members: \$10/chosen day/month Non-Members: \$40/chosen day/month**

Runs by Session:

NEW!!! Olympic Lifting: Learn or perfect your Olympic lift techniques through this introduction to Olympic Lifting class. This full body development class lays the groundwork for force development, proper progressions, and more of the front squat, dead lift, power clean, clean, and snatch. **Ages 6-12 Members \$25 Non-Members :\$50; Ages 13-18 Members \$30, Non- Members \$60**