



# Athletic Performance Center

## Central YMCA

September 5 – December 2, 2023

Group ex and paid classes in Purple run on the month.

Classes in Red run in 6-week sessions.

Fall 1: September 11-October 22

Fall 2: October 23-December 3

\*Paid programs, please register at the Service Desk or online



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	HIIT w/John		HIIT w/Meri/Justin			
9:00-10:00 AM	Basic Jump Stretch w/Carl		Basic Jump Stretch w/Carl		Basic Jump Stretch w/Justin	9:00-10:00am *Athletic Performance Training (Paid)
10:30-11:30 AM		BootCamp w/ Mark		BootCamp w/Meri	Coming Soon Intro to Kickboxing Starts Oct. 27	10:30-11:30 BootCamp w/ Mark
11:30-12:00 PM		Stretch Express w/Mark		Stretch Express w/Carl		12-1:00pm Speed and Agility Training ages 8-12
		4-4:45pm Jump Stretch Orientation Registration Required				
<b>NEW!!</b> 4:00/4:15-5:00 PM	4:00-5:00pm *Athletic Performance Training (Paid)	4:15-5:00pm Olympic Barbell Club	4:00-5:00pm *Athletic Performance Training (Paid)	4:15-5:00pm Olympic Barbell Club		
5:00-5:45 PM	*Olympic Weightlifting Ages 6-12 & 13+ 6 weeks		Weightlifting 101 Ages 13+ W/Anthony		Weightlifting 10113+ w/Carl	
5:15-6:15 PM	6:00-6:45pm Running Club w/Anthony	*Athletic Performance Training (Paid)	6:00-6:45 Olympic Weightlifting Ages 6-12 *Racquetball Court	*Athletic Performance Training (Paid)		
6:00-7:00 PM	12 Rounds w/Julius		12 Rounds w/Clemate		12 Rounds w/Clemate	
6:30-7:30 PM		Basic Jump Stretch w/Carl		Basic Jump Stretch w/Sierra		

DESCRIPTIONS ARE ON THE BACK. UPDATED SEPT 7, 2023

# Descriptions with Ages and Pricing

## Free classes with membership

**12 Rounds:** A dynamic circuit training, all around boxing format, agility, flexibility, speed, power, resistance, hand/eye coordination, total body experience. 24-person max. Preferred that you bring your own gloves. **Free for Members/\$55 Non-Member per month**

**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 program 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 6 Weeks:

**Session Dates: Fall 1: September 11-October 22**

**Fall 2: October 23-December 3**

**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 and 13+ (45min) Members \$25 Non-Members: \$50**

**Adult Olympic Weightlifting 18+:** Are you a gym rat who loves picking up heavy stuff? A first-time gym going adult? Maybe you're a fitness enthusiast who has always wanted to try the clean or the snatch but didn't know where to start or an athlete looking to learn how to generate more power on the field? If any of these even remotely applies to you, you will be a great addition to our adult introduction to Olympic weightlifting. You will receive specific coaching on the clean and jerk, learning how to correctly complete these movements. You will also receive training in the movements that primarily make up the movements: squats, deadlifts, and presses. Join us in the Athletic Performance Center to start your Olympic weightlifting journey today and become the most powerful version of yourself! **(45 Minutes) Members: \$25/Non-Members: \$50**

**Weightlifting 101 ages 13+:** This course is the perfect way for all community members to get more comfortable in the weightroom! Whether you have never touched a barbell before or have had a checkered past with the weightroom, this course will provide not only a great workout, but also the basics of technique and training structure that will give you the confidence to never shy away from the weights again! **(45 Minutes) Members: \$25/Non-Members: \$50**

**Olympic Barbell Club 13+:** "Welcome to the Youngstown Barbell Club! Led by experienced USAW certified coaches. Offering a new home to gym rats, fitness nuts, and excitable newcomers alike, the Youngstown Barbell Club is a place to come together and be joined in iron. We take an all shapes and sizes approach to weightlifting with a focus on strength and safety, creating an environment to both learn proper weightlifting technique and to perfect it for the competitive stage. Housed in our state-of-the-art Athletic Performance Center, our training takes full advantage of the facility and incorporates a variety of methodologies focused on training power, speed, strength, mobility, and athleticism. The club has 6-10 male competitive bars, female ("Bella") competitive bars, training bars, and "Kiddie" Bars respectively. We currently offer introductions to the two main Olympic Lifts: the Clean and Jerk and the Snatch. We also teach proper form for squat, deadlift, and pressing variations. Upon reaching proficient technique, athletes will begin to strengthen their technique as they work their way up in weight. We aim to facilitate as many competitive dreams as possible. As such, athletes will also have an opportunity to compete under the Youngstown Barbell Club banner within 3 months of proficiency. Additionally, we are also looking to add powerlifting to our repertoire as we believe strength is universal! Come give the club a try and become the best version of yourself under the bar!" **(45 Minutes) Members: \$25/Non-Members: \$50**