

# Athletic Performance Center

## Central YMCA

Monthly: February 1-29, 2024; March 1-31, 2024

**Winter 2: February 18-March 31, 2024**

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

Classes in Red run in 6-week sessions.

\*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/Justin		HIIT w/Justin	
9:00-10:00 AM	Basic Jump Stretch w/Carl		Basic Jump Stretch w/Carl		Basic Jump Stretch w/Justin	Athletic Performance JS Training
10:30-11:30 AM		Body Blast w/ Mark		BootCamp w/Mark		BootCamp w/ Mark
11:30-12:00 PM		Stretch Express w/Mark		Stretch Express w/Carl		
4:00-4:45pm		4-4:45pm Jump Stretch Orientation Registration Required				
4:00/4:15-5:00 PM	4:00-5:00pm Athletic Performance JS Training	4:15-5:00pm Youngstown Barbell Club	4:00-5:00pm Athletic Performance JS Training	4:15-5:00pm Youngstown Barbell Club		
5:00-5:45 PM			Olympic Weightlifting Ages 6-12 & 13+		Speed and Agility Training ages 8-12 Community Gym	
5:15-6:15 PM		Athletic Performance JS Training		Athletic Performance JS Training		
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 FEBRUARY 12, 2024

# 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:** (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:

**Olympic Weightlifting:** 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+ Members \$35 Non-Members: \$70**

**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! **Members: \$35/Non-Members: \$70**

**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!" **Members: \$35/Non-Members: \$70**