

Athletic Performance Center

Central YMCA

Monthly: Sept. 1-30 & Oct. 1-31, 2024

Fall 1: Sept. 8 – Oct. 20, 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**



DESCRIPTIONS ARE ON THE BACK. UPDATED AUGUST 5, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:45 AM	HIIT w/John	MEMBER ACCESS	HIIT w/Gabe	MEMBER ACCESS	HIIT w/Gabe	
9:00-10:00 AM	Basic Jump Stretch w/Carl	MEMBER ACCESS	Basic Jump Stretch w/Carl	MEMBER ACCESS	Basic Jump Stretch w/Gabe	9:15-10:15am Boot Camp w/Gabe
10:30-11:30 AM	MEMBER ACCESS	Boot Camp w/ Carl	MEMBER ACCESS	Boot Camp w/ Carl	MEMBER ACCESS	Athletic Performance Jump Stretch
11:30AM-3:30PM	MEMBER ACCESS	MEMBER ACCESS	MEMBER ACCESS	MEMBER ACCESS	MEMBER ACCESS	MEMBER ACCESS
4:00-5:00 PM	4:00-5:00pm Athletic Performance JS	4:00-4:45pm Jump Stretch Orientation	4:00-5:00pm Athletic Performance JS	MEMBER ACCESS	MEMBER ACCESS	MEMBER ACCESS
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/Carl		

Descriptions with Ages and Pricing

***New* MEMBER ACCESS**

Create your own HIIT (high intensity interval training) routine with access to advanced fitness equipment.

The APC is for adults 18 and older. Individuals aged 14-17 must be accompanied by a guardian unless signed into a program.

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.

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.

Boot Camp: 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 quickly.

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: \$44/chosen day/month

Runs by Session 6 Weeks:

Speed and Agility Training: Speed and agility training is designed to improve acceleration, deceleration, foot speed, quickness, and change of direction. It is used to complement and improve the performance of all sports and everyday activities. The training program focuses on developing the rhythm, stability, and dynamic coordination required for players to put their body into positions of balance, quickness, or bursts of power as needed. Speed is the ability to move the body in one direction as fast as possible, while agility is the ability to rapidly change direction without the loss of speed, coordination, balance, strength, or body control.