



MORE INFO: 770-888-2788
KerryC@ymcaatlanta.org

Forsyth County Family YMCA
6050 Y Street
Cumming, GA 30040
Register On Line
www.ymcaregistration.com

TEAM TRAINING REACH YOUR GOALS NEW YEAR... NEW WORKOUT!

NEW SESSION: March 5th – May 5th (No Class Spring Break Week)

Y Wellness Programs

Registration Opens: Saturday, February 18th
GET RESULTS IN LESS TIME...

TRX TEAM TRAINING

TRX Team Training Classes:

TRX is a training program in a small group setting that uses your own body weight thru gravity to build strength, balance, coordination, flexibility, joint stability and core strength. This program offers a progression of work-outs for all levels of exercisers.

March 5th- May 5th

MEM: \$59 1 Day a week Option
\$100 2 Day a week Option

MON: 8:30am-9:15am Lynn
MON/WED: 9:45am-10:30am Jeri Sue
MON/WED: 6:30pm-7:15pm Lynn

TUE/THUR: 5:45am-6:15am John J
TUE/THUR: 7:15am-8:00am Lynn
TUE/THUR: 8:15am-9:00am Lynn
TUE/THUR: 9:00am-9:45am Lynn
TUE/THUR: 10:00-10:45am Lynn
TUE/THUR: 6:30pm-7:15pm Lynn

Friday: 8:45am-9:30am Lynn
Friday: 6:30pm-7:15pm Lynn

Saturday: 9:15-10:00am Lynn

Stayed Motivated & Train Hard.... Instructor Susan Seibert Optimal Conditioning:

Energized class offering a variety of workouts concentrating on Weight Training, Cardio and Core Strength for members looking to take their fitness to the next level.

This class will use free weights, weight machines, bands, medicine balls, muscle bars and the treadmill.

March 5th-May 5th

Registration Opens: February 18th

Tuesday & Thursday: 10:00-11:00am
MEM: \$100

Sculpt-Tonic With Lynn Wark:

This class is a time circuit interval training class consisting of Boxing, Free Weights, Corepole and Medicine Balls.
MEM: \$100

Tuesday & Thursday 5:30pm-6:15pm



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NEW SESSION: March 5th- May 5th (No class Spring Break)

TRAIN HARD WITH CERTIFIED INSTRUCTORS

TRX... "RIP TRAINER"

3D Training That Builds Rotational Power NEW WORKOUT!

Registration Opens: Saturday, February 18th

TRX RIP TRAINER CLASSES:

The TRX Rip Trainer is among the most effective and efficient functional and core strengthen program available and it also adds a cardiovascular component all rolled into One Class. The Rip Trainer can help anyone at any level achieve their fitness goals. Each exercise on the Rip Trainer engages your entire **CORE** with resistance vs. weight bearing movements. The Rip Trainer allows you to develop Muscular Strength & Core Stability while getting a great Metabolic Workout. Accomplish Strength Training and Cardio Benefits in One Work-out Program. Train in 3D to Build Rotational Power to help with everyday movement patterns. Come Try Small Group Personal TRX RIP Training Classes to help improve your fitness level. Be part of the latest fitness technique... Functional Strength Training!

* ASYMMETRICAL: Challenging posture, core stabilization and functional movement patterns by featuring resistance on one side at a time.

* SYMMETRICAL: Focus on traditional resistance training movements while targeting specific muscle groups.

* BODY ORIENTATION: Stand facing away, sideways, and facing the anchor point. 3D Training

* FOOT POSITIONS: Squat stance, split stance and lunge stance.

* HAND POSITIONS: By challenging your hand or body position you can adjust the level of difficulty.

FOCUS ON METABOLIC WORKOUT BENEFITS ALONG WITH STRENGTH!

Increase Strength & Endurance with Cardio Benefits by Training with the TRX Rip Trainer Class...

- *Increase cardiovascular efficiency
 - *Burn more calories while sculpting your muscles
 - * Muscular strength development & definition in a fast 45 minute work-out.
- 2 for 1 Training class combo benefits.**

RIP TRAINER CLASSES:

Mon/Wed: 10:30-11:15am Jeri Sue
Mon/Wed: 5:30-6:15pm Lynn

Wed: 7:15-8:00am Lynn
Wed: 8:30-9:15am Lynn

Wed: 9:45-10:30am Lynn

Tue/Thurs: 7:15-8:00am Jeri Sue
Thurs: 9:45-10:30am Jeri Sue
Tue/Thurs: 5:30-6:15pm Jeri Sue
Tue/Thurs: 6:15- 7:00pm Jeri Sue

Friday: 10:00-10:45am Jeri Sue
Saturday: 8:15-9:00am Lynn

Facility Members: \$100 Twice A Week
Facility Members: \$59 Once A Week

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