



# SMALL GROUP PERSONAL TRAINING SCHEDULE

PROGRAM	DAY & TIME	TRAINER
M.O.V.E	Mondays   6-7am	Anthony
Empower +	Tuesdays   6-7am	Sher
Build & Burn	Tuesdays   12-1pm	Emily
Afterburn	Wednesdays   6-7am	Anthony
EmpowHER Hour	Thursdays   6-7am	Sher
F.I.T. F.A.S.T.	Thursdays   12-1pm	Abayomi
H.Y.T.T.	Fridays   7-8am	Anthony

Invigorate your workout with Small Group Personal Training! Our Nationally Certified Trainers will provide the camaraderie of a group with all the benefits and attention of individualized training.

The unique design of our Personal Trainers' specialty programs will guide you to meet your goals, alongside others, in groups no larger than 8. Maximize your success at an affordable price. Try your first class for free!

SIGN UP  
TODAY!

the  
STUDIO



Reserve your spot on the Tampa Y mobile app or **tampaymca.org**



# SMALL GROUP PERSONAL TRAINING SCHEDULE

**M.O.V.E** | Movement Obsessed Varied Exercises: This program is designed to burn calories, help you feel better, and get into great shape by utilizing functional movements with and without equipment. Come try this challenging timed circuit style program and M.O.V.E. this new year.

**Empower +** | This program will take you through strength and power exercises to help you feel strong and uplifted! Each day will be different and challenging, so come ready to work hard, and leave feeling empowered!

**Build & Burn** | A challenging circuit style training class focusing on the 5 basic movement patterns: bend and lift, press, pull, single leg movement and rotational. This interval style training will boost your metabolism throughout the entire day. You will gain strength, increase your cardiovascular endurance and improve balance & agility.

**Afterburn** | Through half cardio, half resistance training, get you to the next level of weight loss and looking great. High intensity, high impact cardio will melt away fat, then jump to resistance training to tone and strengthen the body. Come feel the Afterburn!

**EmpowHER Hour** | Learn how to use Barbells, Kettlebells, dumbbells, and more, while also learning that this type of training can help you to feel strong and confident! While this program is geared to empower women, all are welcome to join.

**F.I.T. F.A.S.T.** | Formal Introduction to Techniques for Fitness, Athletic, and Strength Training: Technique and safety are the main focus of this program, while also giving you a great HIIT style workout!

**H.Y.T.T.** | Hit Your Target Training: This is an all inclusive 8-week program that is tailored to the specific goals of each participant. Along with the weekly workouts, you will get a personalized assessment and workout plan to follow when not in class. Get ready to achieve your fitness goals for a better you!

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