



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GROUP TRAINING

CLASS DESCRIPTIONS

Classes are taught with a maximum of four participants ensuring you get personalized attention.

Take your fitness to the next level. Sign up at the Welcome Center today!

TRX SUSPENSION TRAINING 60 MINUTES

Suspension training using your body weight, gravity and some super core-strengthening exercises. Designed and modified to challenge all fitness levels while improving strength, stability, and mobility!

Instructors: Kelly & Kennetha

WOMEN ON WEIGHTS (WOW) 60 MINUTES

Class specifically targets areas women want to focus on using a variety of weighted exercises in a fun setting with other women! Class is designed for women of all training experience. And will give women the confidence they desire in a workout area.

Instructor: Kennetha/Rebecca

RESTORE & CORE 45 MINUTES

Class guides participants through self-myofascial release techniques using massage balls, foam rollers, yoga breath and poses. Techniques can help relieve muscle tightness and increase joint range of motion. Core stability and strengthening exercises are mixed in to improve balance.

Instructor: Rebecca



SCHEDULE AND PRICING ON BACK



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Small Group Training

MARCH CLASS SCHEDULE

MON	TUE	WED	THURS	FRI	SAT
			8:30-9:30AM TRX* Kennetha		
			10:30-11:30AM TRX* Kelly		
12:30-1:15 PM RESTORE & CORE Rebecca			10:30-11:30 AM W.O.W Kennetha		
	6:00-7:00 PM W.O.W. Rebecca				

PRICING

4 session package/member \$48

4 session package/non-member \$68

Interested in a free trial class? Email Rebecca at rebecca.piatt@tampaymca.org to get it scheduled.