



SMALL GROUP PERSONAL TRAINING SCHEDULE

NEW TAMPA FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		F.I.T. BOOTCAMP 6:30am EMILY			
QUEENAX METABOLIC FIT 8:30am EMILY			F.I.T. BOOTCAMP 8:30am EMILY		
BUILD & BURN 10:00am VAL					
	RESERVED LiveSTRONG 11am-12:30pm		RESERVED LiveSTRONG 11am-12:30pm		
	ATHLETIC PERFORMANCE 6:00pm SHANNON				
		HIIT & RUN 6:30pm VAL			
	RESERVED PRIVATE SGT SESSION 7:00pm-8:00pm				

CLASS PRICING

PER CLASS FEE \$12 / \$17 NON-MEMBERS

Pre-registration is required for all participants. Class fee will be charged for all registered participants.

Any session under 4 participants is subject to cancellation.

**New to small group training?
Try a session for free!**



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

CLASS DESCRIPTIONS

BUILD & BURN

This program is designed to build strength, sculpt muscle and improve fitness through a combination of moderately-heavy weightlifting, high-volume resistance training and circuit-style athletic conditioning exercises.

F.I.T. BOOTCAMP (Functional Interval Training)

A high intensity strength & conditioning session utilizing functional training to achieve overall physical fitness. A wide variety of equipment and movements are used to challenge your workout!

HIIT & RUN

High-intensity intervals, alternating total-body functional exercises with sprints, designed to boost metabolism and fat burning ability (OUTDOOR CONDITIONING AREA, weather permitting).

ATHLETIC PERFORMANCE

Improve your sports performance and get the most out of your workouts. Optimize speed, quickness, strength, movement, athletic conditioning, mobility, and stability. Sessions provide appropriate intensity and training volumes while maintaining a focus on injury prevention and athletic performance.

