

Small Group Personal Training

4-6 week programs that provide results-driven, motivating workouts in a 4-8 person group setting.

* Drop in available only if session is not filled. Check with a front desk associate for payment and availability.

Please register for all sessions and demos at the front desk. Space is limited.

GRIT Series - Interm./Advanced

Add High Intensity Interval Training to your routine with our three unique LES MILLS GRIT™ workouts and take your fitness to the next level. GRIT will cycle through strength – weight training, plyometric - power, and cardio - speed workouts.

All GRIT: M \$120 ▪ NM \$180 ▪ Drop in \$15*

➔ Mon. & Wed. 8:30-9:00 AM

(Jan. 15 to Feb. 21) 6 weeks ● 12 sessions (Studio 1) w/Kelly Block

FREE DEMO • Mon., Jan. 8 & Wed., Jan. 10 (Studio 1) | 8:30 AM

➔ Mon. & Wed. 12:00-12:30 PM

(Jan. 15 to Feb. 21) 6 weeks ● 12 sessions (Studio 3) w/Meghan Hayes

FREE DEMO • Mon., Jan. 8 & Wed., Jan. 10 (Studio 3) | 12:00 PM

➔ Mon. & Wed. 5:15-5:45 PM

(Jan. 15 to Feb. 21) 6 weeks ● 12 sessions (Studio 1) w/Michaline Blase

FREE DEMO • Mon., Jan. 8 & Wed., Jan. 10 (Studio 1) | 5:15 PM

➔ Mon. & Wed. 6:30-7 PM

(Jan. 15 to Feb. 21) 6 weeks ● 12 sessions (Studio 3) w/Jamie Lau & Torrey Tag

FREE DEMO • Mon., Jan. 8 & Wed., Jan. 10 (Studio 3) | 6:30 PM

➔ Tues. & Thurs. 9:15-9:45 AM

(Jan. 16 to Feb. 22) 6 weeks ● 12 sessions (Studio 3) w/Jen Landis

FREE DEMO • Tues., Jan. 9 & Thurs. Jan. 11 (Studio 3) | 9:15 AM

➔ Wed. & Fri. 10:15-10:45 AM

(Jan. 17 to Feb. 23) 6 weeks ● 12 sessions (Studio 3) w/Jen Landis

FREE DEMO • Wed., Jan. 10 & Fri. Jan. 12 (Studio 3) | 10:15 AM

➔ Tues. (7-7:30 PM) (Studio 1)

& Fri. (5:45-6:15 PM) (Studio 3)
(Jan. 16 to Feb. 22) 6 weeks ● 12 sessions w/Claudia Thune

**FREE DEMO • Tues., Jan. 9 | 7 PM
Fri. Jan. 12 (Studio 3) | 5:45 AM**

EXTRA GRIT Drop In

➔ Saturdays 10:30-11:00 AM

(Jan. 20 to Feb. 24) (Studio 1)
w/GRIT Coach
M/NM \$15 ▪ Currently enrolled in GRIT \$5
Must register each Saturday participating

**FREE DEMO • Sat., Jan. 13
(Studio 1) | 10:30 AM**

Registration begins December 12

Operation PT - All Levels

A challenging total body workout using a wide range of equipment and resistance exercises. Workouts are customizable and progress will be measured.

➔ Thursdays 6:30-7:30 PM

(Jan. 18-Feb. 22) 6 weeks ● 6 sessions (Studio 3) w/Heather Zinn
M \$90 ▪ NM \$135 ▪ Drop in \$25*

**FREE DEMO • Thursday, Jan. 11
(Studio 3) | 6:30 PM**

➔ Sundays 5:00-6:00 PM

(Jan. 21 to Feb. 25) 6 weeks ● 6 sessions (Studio 3) w/Heather Zinn
M \$90 ▪ NM \$135 ▪ Drop in \$25*

**FREE DEMO • Sunday, Jan. 14
(Studio 3) | 5:00 PM**

Max A.B.S. - All Levels

(Abs Balance & Strength)

Using weights and other tools to take your core and more to greater strength and flexibility. Assessments at the beginning and end will show real and measurable progress. Participants will receive ab-tastic homework and helpful food tips to keep them on the fast-track to visible results.

➔ Mondays 1:00-1:45 PM

(Jan. 15 to Feb. 19) 6 weeks ● 5 sessions (Studio 3) w/Susannah Gillespie (No session 1/29) M \$63 ▪ NM \$100 ▪ Drop in \$20*

**FREE DEMO • Monday, Jan. 8
(Studio 3) | 1:00 PM**

Strength Training

For Active Older Adults

This Small Group Training will provide a progression from bodyweight resistance to light weight-based resistance training aimed to improved quality of life through mobility and strength. Applying what is learned from movement to your everyday activities to help improve pain symptoms such as back and arthritic pain.

➔ Wednesdays 12:30-1:30 PM

(Jan. 17 to Feb. 21) 6 weeks ● 6 sessions (Studio 1) w/Danny Amon
M \$90 ▪ NM \$135 ▪ Drop in \$25*

**FREE DEMO • Wednesday, Jan. 10
(Studio 3) | 12:30 PM**

TRX Kettlebell - All Levels

TRX® Suspension Training utilizes your own body weight in each exercise, allowing you to choose the level of intensity that is right for you. Your TRX trainer will lead you through a series of total body workouts that combine dynamic strength and flexibility exercises, core work and cardio drills.

➔ Sundays 9:00-10:00 AM

(Jan. 21 to Feb. 25) 6 weeks ● 6 sessions (Studio 3) w/Donna Kratz
M \$90 ▪ NM \$135 ▪ Drop in \$25*

**FREE DEMO • Sunday, Jan. 14
(Studio 3) | 9 AM**

Roll & Release - All Levels

(Self Massage Techniques)

Learn specific rolling techniques using SPRI tiger tails and the foam roller to help improve the functional movement of your joints, blood flow and circulation.

➔ Fridays 11:00-11:45 AM

(Jan. 19-Feb 23) 6 weeks ● 6 sessions (Studio 3) w/Kelly Block (BS Exercise, Certified Posture Alignment Specialist)
M \$75 ▪ NM \$120 ▪ Drop in \$20*

**FREE DEMO • Friday, Jan. 12
(Studio 3) | 11:00 AM**

Circuit X - All Levels

High intensity circuit class that will push you to your limits and strengthen your stamina, endurance, flexibility and balance.

➔ Saturdays 10:30-11:30 AM

(Jan. 20 to Feb. 24) 6 weeks ● 6 sessions (Studio 3) w/Belinda Carroll
M \$60 ▪ NM \$90 ▪ Drop in \$25*

**FREE DEMO • Saturday, Jan. 13
(Studio 3) | 10:00 AM**

Design Your Own Small Group Training

Not available during one of the times listed? Design your own small group training on days and at times that work for you and your friends. Sample Small Group Training sessions: TRX, Kettlebell, Train for a 5K, Train for a figure/body building competition, Sports-specific training, Body weight training, LES MILLS GRIT and more! Contact Meghan Hayes at: mhayes@yorkjcc.org.