



SMALL GROUP TRAINING (SGT)

TEAM: Train with Effort, Attitude, and Mission

The YMCA's Small Group Training (SGT) program is for those who want an extra edge in training. Certified Personal Trainers serve as "coaches" to challenge small teams up to 15 people to achieve a higher level of fitness. The team environment and energy of the coaches keeps the sessions fun and effective while also holding you accountable.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	KB-TRX Fusion 6-6:45am	Boxing & Conditioning 6-6:45am	Balance & Mobility 6-6:45am	Boxing & Conditioning 6-6:45am	Crush 6-6:45am	
	Boxing & Conditioning 10-10:45am	Barbell Basics 10-10:45am	Boxing & Conditioning 10-10:45am	Barbell Basics 10-10:45am	Balance & Mobility 10-10:45am	Crush 9-9:45am
KB-TRX Fusion 10:15-11:00am	Rock Steady Boxing 11:00am-12:00pm				Rock Steady Boxing 11:00am-12:00pm	Boxing & Conditioning 10-10:45am
Warrior Workout 11:15am-12:00pm		Fun & Fit 4-4:30pm				Barbell Basics 11-11:45am
	Youth & Teen Boxing 5-5:45pm	Jr Strength & Conditioning 5-5:45pm	Youth & Teen Boxing 5-5:45pm	Jr Strength & Conditioning 5-5:45pm	Youth & Teen Boxing 5-5:45pm	
	Crush 6-6:45pm	Warrior Workout 6:15-7:00pm	Crush 6-6:45pm	Warrior Workout 6:15-7:00pm	Boxing & Conditioning 6-6:45pm	
	Boxing & Conditioning 7-7:45pm		KB-TRX Fusion 7-7:45pm			

Small Group Training

Youth Fitness Options*

Rock Steady Boxing*

See back for class descriptions.



MONTHLY SMALL GROUP TRAINING Classes**

\$15 members | \$30 guests
(cost is per one class weekly for a month)

*Prices vary from SGT pricing

**SGT Classes can be purchased through Crossroads App under programs/small group training

***Classes vary by location.

Balance & Mobility – Do you have tight muscles? Do you often lose your balance? Is regular stretching not helping with your flexibility? Then this class is for you! In Balance and Mobility, we focus on improving coordination, agility and functional strength by various tools such as Medicine Balls, Resistance Bands, Foam Rollers, and Bosu balls.

Barbell Basics – In this strength-based class we focus on how to perform the essential barbell exercises safely with proper technique, while targeting the entire body. Utilizing barbells and bodyweight exercises are a great way to help you get stronger, learn techniques, and develop strong joints, muscles, and bones.

Boxing & Conditioning – A boxing class that creates a synergy between boxing and weight lifting. Both are highly effective in improving cardiovascular health. In addition to muscular strength, mobility and pain management.

Crush – A high intensity functional challenge designed to test strength, endurance and efficiency of moderate to advanced athletes.

Fun & Fit – Designed for all fitness levels, Fun &Fit is a great way to keep kids moving with fun and challenging games. Ideal for kids not interested in sports or as a recovery day for athletes. Ages 9–13. Free for members.

Junior Strength & Conditioning – We will focus on proper technique and building strength using implements like kettlebells, medicine balls, resistance bands, and much more. Ages 10–14. \$40/month at two days a week.

KB-TRX Fusion – In this class, we are infusing elements from the traditional strength training by using kettlebells and introducing TRX suspension training into the mix. KB/TRX Fusion will help you to get stronger, learn and improve upon techniques, and gain power and endurance.

Rock Steady Boxing – A non-contact boxing-based curriculum that emphasizes gross motor movements, balance, core strength, and rhythm. This class will favorably impact range of motion, flexibility, posture, and overall quality of life. \$40/month for members, scholarships available.

Warrior Workout – These workouts are designed to provide fun, new, and exciting techniques in every class. If you are looking to improve cardio, endurance, strength, and have fun doing it then this is the place to be! Leave every class feeling like a WARRIOR!

Youth & Teen Boxing – Students don't just put on gloves and start hitting things – as a martial arts sport, boxing requires physical and mental discipline and skill. Done safely, boxing will unleash the athletic potential of any student and much more. Youth boxers gain life skills that will continue to motivate them throughout their lives. \$40/month at two days a week.