

YAKIMA ATHLETIC CLUB

We change Lives

YAKIMA ATHLETIC CLUB
TRAINING-SWIM-OPEN GYM-SMALL GROUP
TRAINING-
2501 RACQUET LANE 98902 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	Small Group Training	MYZONE Virtual	Small Group Training	MYZONE Virtual	Small Group Training	
6:00AM	Small Group Training		Small Group Training		Small Group Training	
8:00AM						
9:00AM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
10:00AM	Small Group Training		Small Group Training		Small Group Training	
11:00AM	Stronger Living		Stronger Living		Stronger Living	

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00PM	Small Group Training	12:15 Kettlebell	Small Group Training	12:15 Kettlebell	Small Group Training	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
5:30PM	Small Group Training		Small Group Training		Small Group Training	
6:30PM						

ALL CLASSES
REQUIRE AN UPPER LAYER
MEMBERSHIP

Check Us Out on Facebook & Instagram!
IG: @YAKIMAATHLETICCLUB
@YACFITNESS_
FACEBOOK: @YAKIMAATHLETICCLUB·YACFITNESS

CLASS ADDED
CLASS CHANGED
CLASS TIME CHANGED

MYZONE HIIT/Kettlebell- \$49 per Month

This is a Dynamic 30-45 minute workout combining Aerobic Exercise and Body Weight Resistance Training. Coupling the traditional Bootcamp style, along with the MYZONE heart rate monitor, (optional) it is a great way to Boost Aerobic Capacity, Raise Metabolic Rate, Lose Weight, and Break through Plateaus!

Small Group Training \$89 per Month / Includes MYZONE HIIT

Essentially Personal Training in a Group Setting, Small Group Training is intended to work all Major Muscle Groups while teaching Proper Technique and giving Personal Attention to each exercise and participant. Strength Training is at the heart of any fitness goal, and is the focus of our Program.

Stronger Living- \$49 per Month After the age of 40 we lose about 5% of our muscle mass per decade, this is the opportunity to reverse that effect. This workout is intended to maintain/increase muscle mass to maintain a healthy youthful appearance and lifestyle. Following along with our Special Forces program we will take you through all 5 phases of training with an emphasis on strength and power!