

YAKIMA ATHLETIC CLUB

Changing Lives
Since 1979



YAKIMA ATHLETIC CLUB
TRAINING-SWIM-OPEN GYM-SPECIAL FORCES
2501 RACQUET LANE 98902 SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| 5:10AM | SPECIAL FORCES | MYZONE HIIT | SPECIAL FORCES | MYZONE HIIT | SPECIAL FORCES | |
| 6:00AM | SPECIAL FORCES | | SPECIAL FORCES | | SPECIAL FORCES | |
| 8:15AM | SPECIAL FORCES | | SPECIAL FORCES | | SPECIAL FORCES | |
| 9:00AM | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES |
| 10:00AM | SPECIAL FORCES | | SPECIAL FORCES | | SPECIAL FORCES | |
| 11:00AM | STRONGER LIVING | STRONGER LIVING | STRONGER LIVING | STRONGER LIVING | STRONGER LIVING | |

Lunch Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------------|--------------|----------------|------------|----------------|----------|
| 12:15PM | SPECIAL FORCES | TRX BOOTCAMP | SPECIAL FORCES | KETTLEBELL | SPECIAL FORCES | |

Evening Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------|----------------|----------------|----------------|----------------|----------|
| 4:30PM | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | SPECIAL FORCES | |
| 5:30PM | MYZONE HIIT | | MYZONE HIIT | | | |
| 6:30PM | SPECIAL FORCES | | SPECIAL FORCES | | | |

**ALL CLASSES
REQUIRE AN UPPER LAYER
MEMBERSHIP**

Check Us Out on Facebook & Instagram!
IG: YAKIMAATHLETICCLUB
FACEBOOK: Yakima Athletic Club/YAC Fitness

CLASS ADDED
CLASS CHANGED
CLASS TIME CHANGED

MYZONE HIIT- \$59 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!

Special Forces- \$99 per Month / Includes MYZONE HIIT

Essentially Personal Training in a Group Setting, Special Forces 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.

Active Living- \$30 per Month

Customized for our active older adults! Our fitness professionals combine aerobic, flexibility, and strength training in a positive, energizing environment. Exercises included are designed to increase flexibility, joint stability, balance, agility, muscular strength, core strength and cardiovascular endurance.

Stronger Living- \$49 per Month includes Active Living

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!