

# SMALL GROUP TRAINING SCHEDULE

## YAKIMA ATHLETIC CLUB

We change Lives

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	Small Group Training		Small Group Training		Small Group Training	
6:00AM	Small Group Training		Small Group Training		Small Group Training	
8:00AM						8:15 Bootcamp Starts 1/7/23
9:00AM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
10:00AM						
11:00AM	Stronger Living		Stronger Living		Stronger Living	

### Lunch Schedule

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

### Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Small Group Training	Bootcamp	Small Group Training	Bootcamp	Small Group Training	
5:30PM	Small Group Training	Golf Conditioning Starts 2/7/23	Small Group Training	Golf Conditioning Starts 2/7/23		
6:30PM						

All Classes require an additional charge to membership, see your favorite trainer for details!

## Small Group Training \$89 per Month

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. Small Group Training also includes Kettlebell and Power Burner!

## Kettlebell/Bootcamp \$49 per Month

Kettlebell Class focuses on our most versatile piece of equipment. This class uses timed intervals to get your cardio, strength and conditioning all at once!

BOOTCAMP IS BACK! Kick your butt with some High Intensity Circuit Training! This class will emphasize building mental fortitude while having a killer cardio focus. Both of these classes are a great way to supplement your training 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, while focusing on stability and endurance to not only increase your lifespan but your ability to enjoy your life! \*Small Group Training does NOT include Stronger Living.

## Golf Conditioning - (Seasonal) \$100 for Members | \$150 Non-Members

Increase drive distance and lower your chance of back injury with this golf movement specific workout program. We will focus on rotational strength and mobility needed for the swing, power and balance.