YAKIMA ATHLETIC CLUB
We change Lives

GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	Small Group Training		Small Group Training		Small Group Training	
6:00AM	Small Group Training	TRX FIT	Small Group Training	TRX FIT	Small Group Training	
8:15AM						Bootcamp
9:00AM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
10:00AM	Stronger Living	Stronger Living	Stronger Living		Stronger Living	
11:00AM	Stronger Living		Stronger Living			
12:00PM	Small Group Training		Small Group Training		Small Group Training	
4:30PM	Small Group Training		Small Group Training		Small Group Training	
5:30PM		Bootcamp		Bootcamp		
6:00PM						

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

GROUP TRAINING MEMBERSHIP - $99 plus tax per month

Includes All Small Group Training, Bootcamp & Kettlebell classes.

Small Group Training

In small group training our focus is teaching the importance of form, technique and program progressions thru the NASM Optimum Performance Training Model. Our certified personal trainers will take you thru strength training phases including stability, endurance and power movements. Our SGT classes provide you with personal attention in a group setting. Strength training is at the heart of any fitness goal, and is the focus of Small Group Training. All sessions are located in the turf room.

Kettlebell/Bootcamp

If high intensity circuit training is what you love these are the classes for you! We use versatile equipment in both classes to offer you a fun cardio conditioning class. Our Kettlebell and Bootcamp classes are great to supplement with any strength training program. We invite the cardio crazies and the much-needed cardio guy to join a class! All sessions are located in the turf room.

TRX FIT

Using the TRX suspension trainer this 45 minute High Intensity workout designed to build muscular endurance and improve your cardio capacity. This class can be modified for all levels of fitness

STRONGER LIVING MEMBERSHIP -$59 plus tax 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.