

## BOXING FITNESS CLASS

Boxing provides one of the best and most rewarding forms of exercise. Our Boxing class is proven to build and tone muscle, burn calories, strengthen cardiovascular health, and relieve stress. Each class contains everything a fighter would do to train for a fight except for actually fight. Our contact free workout is suitable for all ages and all experience levels. Everything we do can be modified, and everything we do is work at your own pace.

**Youth (8-15):** M/W 5:30-6:30 pm  
**Adult (16+):** M/W 6:30-7:30 pm

**FEES PER CLASS:** M: \$5 NM: \$10

## BOXING TRAINING

YMCA boxing training is a one-on-one, one hour session with a boxing trainer. Our trainers our educated and experienced professionals with years of experience. Our trainers will teach you the fundamentals and basics of boxing, while giving you an intense workout that is certain to help you shred weight and build definition.

**Fees:**  
**1 Session:** M: \$35 NM: \$70  
**3 Sessions:** M: \$90 NM: \$180  
**6 Sessions:** M: \$150 NM: \$300  
**12 Sessions:** M: \$240 NM: \$480

## THE COACHING CONNECTION

The Coaching Connection is a wellness program offered to new and current members of the Richard G Snyder YMCA. You will meet one on one with a Wellness Coach for a 30-minute session and may schedule up to six sessions. The Wellness Coach will give you an opportunity to share your health history, talk with you about your goals, likes and dislikes, interests and work with you to create a plan to achieve your goals. The Y is committed to your success, so you can re-enroll in the program as often as you need. The Coaching Connection is a FREE program that is included with your monthly membership! Please stop by the Front Desk to schedule your first appointment. **\*Members Only\***

## PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer. YMCA personal training is held at the YMCA, on land or in the water and incorporates many different elements and equipment.

**Fees:**  
**1 Session:** M: \$35 NM: \$70  
**3 Sessions:** M: \$90 NM: \$180  
**6 Sessions:** M: \$150 NM: \$300  
**12 Sessions:** M: \$240 NM: \$480

## PERSONAL TRAINING

YMCA Small group training presents the opportunity for people to experience the benefits of the creativity and motivation of a trainer while lowering the financial entry point and/or spending more time with the trainer for the available funds. Members Only.

<b>Fees:</b>			
<b>Sessions</b>	<b>People</b>	<b>Total Price</b>	<b>Per Person</b>
3	2	\$110.00	\$55.00
3	3	\$135.00	\$45.00
3	4	\$140.00	\$35.00
3	5	\$150.00	\$30.00
6	2	\$180.00	\$90.00
6	3	\$180.00	\$60.00
6	4	\$200.00	\$50.00
6	5	\$225.00	\$45.00
12	2	\$300.00	\$150.00
12	3	\$300.00	\$100.00
12	4	\$320.00	\$80.00
12	5	\$350.00	\$70.00



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HELPING YOU REACH YOUR GOALS

## Fitness



### **RICHARD G. SNYDER YMCA CAMPUS**

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 P 724-545-9622 F 724-545-1566  
 Hillary Brown hbrown@rgsymca.org

## **CARDIO KICK**

An action packed workout that combines a series of punching and kicking combinations along with a mixture of other Martial Arts styles. This class improves strength, muscle tone and endurance. It's an intense workout for the participant who wants a challenge.

T/TH 9:00-10:00 am

## **YOGA**

Increase flexibility, muscle toning and strength.

T/TH 6:15-7:15 pm  
SAT 9:00-10:00 am

## **CYCLING**

Pedal your way to fitness. Build your endurance and lung capacity.

T/TH 5:15-6:00 am  
T/TH 7:30-8:15 pm

## **MIXXEDFIT@**

MixedFit@ is a people-inspired dance fitness program that is a mix of explosive dancing and boot-camp toning.

M/W 7:15-8:15 pm  
TH 5:00-6:00 pm  
SAT 9:15-10:15 am

## **PILATES**

Build whole body strength by conditioning your "core" and more. Improve your flexibility and alignment, and get energized with this amazing mind/body workout.

M/F 9:00-10:00 am

## **TRX/ KETTLEBELL FUSION**

This class combines the best of both Kettlebell and TRX classes in a terrific, functional and powerful class. It's perfect for those on the fast track to reaching their health and fitness goals. This is the ultimate class for extreme all-round fitness.

T/TH 7:00-8:00 pm  
SAT 8:00-9:00 am

## **HUSTLE&MUSCLE**

A combination of cardio and resistance training moves to maximize your workout. 30 minutes of a cardio workout which may include Step, HIIT, Tabata and Kettlebells. This will be followed by a half hour of exercises for toning the upper body, arms, shoulders, legs, thighs and abdomen.

W 9:00-10:00 am

## **PIYO**

Piyo is a music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning, and dynamic movement. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels.

F 9:00-10:00 am

## **CYCLE TO THE BEAT**

Pedal your way to fitness while incorporating some flavor. Build your endurance and lung capacity. This full-body workout is the perfect balance of cardio, power and strength training, all to the beat of your favorite R&B, Hip Hop, Old School and Disco.

T/TH 10:00-10:45 am  
W 5:00-5:45 pm  
SAT 10:00- 10:45 am

## **TAI CHI**

This Tai Chi program is recommended by the Centers for Disease Control and the National Council on Aging for Fall Prevention. Tai Chi uses a series of slow, gentle movements that build both strength and flexibility. Along with the mental components of balance. Promoting awareness and good body mechanics. Lots of studies show Tai Chi is good for improving the body, mind and spirit.

T 11:30-12:30 am  
TH 6:00-7:00 pm

## **STRENGTH & SCULPT**

This class utilizes weight lifting and barbell training to maximize calorie burning and boost metabolism.

M/W 6:15-7:15 pm

## **TRX**

In a TRX class you will use your body weight, gravity and TRX Training equipment to push, pull, lunge, squat, hinge and plank your way to a better you. Expect to move, sweat, shuffle, and above all, have a kick butt workout experience. Some classes challenge you with a single piece of training equipment and some use a broad mix of training tools, but they all deliver incredible results.

M/W 9:00-10:00 am

## **SENIOR CIRCUIT**

This workout offers low-impact choreography designed to increase muscle strength, range of movement and improve activities for daily living. A chair is available for seated exercises and standing support and class can be modified depending on fitness levels.

M/W/F 10:00-10:45 am

## **SENIOR YOGA**

Increase your flexibility and balance through seated and standing yoga poses. A chair is offered for support. Breathing and relaxation exercises will also be used to release stress and help build mental clarity.

M/W 11:00 am- 12:00 pm

## **Y-FIT**

Fast, fun and functional! This class is inclusive to all types of training levels and has a non-sports atmosphere. A garage like workout where you get in shape and build strength through high intensity cardio and weight training.

M/W/F 5:00-5:45 am  
M/T/TH 4:15-5:15 pm  
M/TH 5:30-6:30 pm

## **SOULFUSION**

SOULfusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to crazy fun music. SOULfusion improves strength, balance, and flexibility, and can help improve overall fitness.

T 5:00-5:45 pm