



Functional Fitness Room at the Newport County
 YMCA @ Newport County YMCA
 December 1st - December 31st

792 Valley Road
 Middletown, RI 02842
 (401) 847-9200

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Body Blast 30 Dave Willis 8:15am - 8:45am		Dynamic Stretch Dave Willis 8:15am - 8:45am	Kettlebell 30 Rick Ayala 8:15am - 8:45am	Metabolic Surge Dave Willis 8:15am - 8:45am		
9am			Prenatal Yoga Jessica Patricio 9am - 10am				
10am					Insanity Julie Bueno 10am - 11am		
4pm		Prescribe The Y None Specified 4pm - 5pm	Sports Performance Dylan Stewart 4pm - 5pm	Prescribe The Y None Specified 4pm - 5pm			
5pm	Drylands Dylan Stewart 5pm - 5:45pm	Drylands Dave Willis 5pm - 5:45pm	Drylands Dylan Stewart 5pm - 5:45pm	Drylands Dylan Stewart 5pm - 5:45pm	Body Blast 30 Dave Willis 5pm - 5:30pm		
	TRX Training Camp Elysha Guerriero 5:45pm - 6:30pm		TRX Training Camp Elysha Guerriero 5:45pm - 6:30pm	Barre Kara King-Barron 5:30pm - 6:30pm			
6pm	Metabolic Surge Dave Willis 6:45pm - 7:15pm	Kettlebell 30 Rick Ayala 6pm - 6:30pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Newport County YMCA

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Barre - This is a challenging, yet non-impact fitness class designed to produce lean, sculpted bodies in this precision based ballet class! Class limited to 10 participants. \$10 Drop ins, or \$80 for 10 Drop in Punch Card!

Body Blast 30 - Push yourself to new limits, combining aspects of interval training with a wide blend of bodybuilding and powerlifting exercises guaranteed to make you stronger in just 30 minutes!

Drylands - Drylands is a class designed to increase muscular strength and endurance for both new and seasoned swimmers alike. Exercises are formed to target and strengthen weak-points and increase ones performance in the water. Class Area Subject to Change.

Dynamic Stretch - Warm up your muscles, shake off the soreness and prepare yourself for your next workout using corrective motions, dynamic warm ups and functional stretching to engage and overcome your next challenge!

Insanity - INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, delivering faster results!

Kettlebell 30 - Kettlebell 30 consists of whole-body movement exercises that deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness!

Metabolic Surge - Combining core movements and elements of powerlifting with short bursts of intense cardio guaranteed to shred adipose and bring on the gains!!!

Prenatal Yoga - Prenatal yoga will help you ease through pregnancy by helping strengthen pelvic abdominal tone, teaching you vital relaxation skills and providing a quiet opportunity for each mother to connect with her changing body and growing baby!

Prescribe The Y - Prescribe The Y is a 12-week educational program for children ages 8-16 emphasizing the importance of a healthy lifestyle through exercise and proper nutrition.

Sports Performance - Sports Performance is a camp strategically created to bring your athleticism to the next level, broken down for the needs of the individual to increase workload and dynamic performance. Class Area Subject to Change.

TRX Training Camp - Delivers a fast, effective total body workout, giving the benefit of rigorous resistance training with minimal impact! Safe and effective for any fitness level!