

OBSTACLE INTERVAL FITNESS CENTER (OIFC)

Summer sessions begin: June 18 (Summer sessions are 4-weeks long)

MONDAY		
Time	Class	Instructor
6:00am	**Circuit City**	Erin
7:00am-9:00am	OPEN	
9:00am	TRX	Paula
10:00am	Teen Sport Conditioning	Carolyn
11:00am-6:00pm	OPEN	
6:15pm	Family Intro to Q	Shawn
7:15pm-CLOSE	OPEN	

TUESDAY		
Time	Class	Instructor
6:00am-9:00am	OPEN	
9:00am	Intro to Suspension	Sherry
10:00am	**Circuit City**	Devin
11:00am-CLOSE	OPEN	

WEDNESDAY		
Time	Class	Instructor
6:00am-8:00am	OPEN	
8:00am	**Circuit City Gold**	Shawn
	OPEN	
10:00am	**Circuit Barre**	Kelly
11:00am-5:00pm	OPEN	
5:15pm	Teen Sport Conditioning	Shawn
6:30pm	**Circuit City**	Shawn
7:30pm-CLOSE	OPEN	

THURSDAY		
Time	Class	Instructor
6:00am-5:00pm	OPEN	
5:15pm	Metabolic Fit	Sherry
6:30pm-CLOSE	OPEN	

FRIDAY		
Time	Class	Instructor
6:00am-9:00am	OPEN	
9:15am	**Circuit City**	Carolyn
10:30am-5:45pm	OPEN	
6:00pm	Bungee 4D-PRO	Kat
7:00pm-CLOSE	OPEN	

SATURDAY		
Time	Class	Instructor
8:00am-8:45am	OPEN	
9:00am	Bungee 4D-PRO	Kat
10:15am	Q KIDZ	Kat
11:15am	**Circuit City**	Sherry
12:00pm-CLOSE	OPEN	

Additional Class Costs:

Fees vary depending on the class. You can find out specific cost information by asking a member of our staff at the Membership Desk.

All Circuit Classes -- will remain a no additional cost class and is included with your YMCA membership. Max number per class is 21 people -- first come, first serve -- must sign-in before class.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OBSTACLE INTERVAL FITNESS CENTER CLASS DESCRIPTIONS

CIRCUIT CITY - A high intensity interval class (HIIT) designed to push your body to the limit. You will use all of your muscle groups allowing for little rest. This class will utilize the Queenax frame, and suspension apps for an awesome functional fitness experience. (On-going class, meets weekly)

NO FEE – INTERMEDIATE/ADVANCED

CIRCUIT BARRE - This class uses the "Superfunctional Bars" and we work on postures inspired by ballet and other disciplines like Yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training. After some barre work we move onto simple circuits to tone and sculpt a beautiful body. (On-going class, meets weekly)

NO FEE – INTERMEDIATE/ADVANCED

TRX – A suspended bodyweight training app that has independent handles that connect to a single anchor point, requiring heightened neuromuscular control and exposing imbalances and muscle weakness from side to side. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. (4-week session, meets once a week) **INTERMEDIATE/ADVANCED**

BUNGEE 4D-PRO – "A suspension fitness trampoline!" A bungee cord attached at a single anchor point rebounds your body at every angle. The elastic nature of the trampolines gives exercises the ability to jump higher and leap further all while protecting your joints and boosting your cardio. We will spend time working on core control and mental concentration in order to build your stability and balance. (4-week session, meets once a week) **ALL LEVELS**

METABOLIC FIT – Metabolic Fit is a goal oriented program for people seeking a lean and fit body using the complete Queenax system. This HIIT (High-Intensity Interval Training) class focuses on high calorie expenditure and lean body mass development through intense workouts followed by rest periods. (4-week session, meets once a week) **INTERMEDIATE/ADVANCED**

INTRO TO SUSPENSION – This 8-week class will introduce you to Superfunctional bars, 4D-PRO, TRX, and Team Circuit. Every two weeks will focus on different apps for the Queenax frame. This is the perfect way to get introduced to all that we can offer in suspension training and more. (4-week session, meets once a week) **ALL LEVELS**

FAMILY INTRO TO Q – Introduce yourself to the "Q" as a family! Must be 6-12 years old accompanied by a parent. This 8-week class will introduce you to Superfunctional bars, 4D-PRO, TRX, and Circuit City. Every two weeks will focus on different apps for the Queenax frame. (4-week session, meets once a week) **ALL LEVELS**

Q TEAM – Queenax Team is a FUNctional program that builds camaraderie, group engagement, and accountability among peers and coaches. Workouts incorporate play-based movements and challenges that keep you motivated and engaged. Variety is critical to these classes that focus on total body fitness. (4-week session, meets once a week) **ALL LEVELS**

Q KIDZ – This class will use the complete Queenax system including the Superfunctional bars. KIDZ will work on Grip Strength, Landing mechanisms, upper body strength and power, core control, shoulder mobility, and Hand-eye coordination. Ages: 6-12 years (4-week session, meets once a week) **ALL LEVELS**

Q TEEN – COMING SOON! This class will use the complete Queenax System including suspension. Teens will utilize 4D-PRO, Superfunctional, and TRX stations to improve muscle strength, endurance and flexibility. Have fun sport conditioning using battle ropes, heavy bags, mobile parallels, monkey bars, plyometric platform, rebounder, and strong++ pulley system. Ages: 13 to 18 years (4-week session, meets once a week) **ALL LEVELS**