



Y-PERFORM

HighPerformanceSTUDIO

Y-PERFORM						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
AM	5.30-6.30 <u>Y-Warrior</u> James/Lacey		5.30-6.30 <u>Y-Warrior</u> James/Lacey		5.45-6.15 <u>EXPRESS CARDIO</u> Tony	
						7:30-8:15 <u>Studio Restore</u> James
noon						9.00-10.00 <u>Studio Ignite</u> Tony/Ron
PM	5.45-6.45 <u>Studio Play</u> Tony/Ron		6.00-7.00 <u>Studio Optimize</u> Ron	5.30-6.00 <u>EXPRESS CARDIO</u> Tony		

Studio Ignite			
<p>Studio Ignite workouts are fast paced HIIT sessions that combine self-powered cardio interval with innovative functional movement not only do we focus different areas of the body every day but every week we switch up the workout structure. Better yet every workout begins with movement prep and ends with restoration exercises to help you perform your best during your workouts and recover faster after. Join us for Studio Ignite for the ultimate HIIT session. .</p>			
Intensity	■	■	■
Cardio	■	■	■
Weight loss	■	■	■

Studio Optimize/Studio Play			
<p>OPTIMIZE: This program reprograms your body by optimizing motion through functional strength and cardiovascular endurance so you can look and feel your best now and far into the future.</p>			
<p>PLAY: This program is designed with fun in mind while bringing out your competitive drive and optimizing your functional movement. Games and challenges will work on power, strength, and metabolic conditioning.</p>			
Intensity	■	■	■
Cardio	■	■	■
Weight loss	■	■	■

Studio Restore			
<p>Physical emotional and work stressors all take a toll on our body. Give yourself a 45-minute gift of recovery that will help you restore and nourish your body. We use modalities such as trigger-point self-massage, stretching, dynamic integration movements and relaxation techniques to help you get the most out of your session. This program is for everyone: from athletes after a hard workout to young professionals, active older adults, and students. Studio Restore helps you take care of your body so you can train for the long haul. now and far into the future.</p>			
Intensity	■	■	■
Cardio	■	■	■
Weight loss	■	■	■

Specialty Classes			
<p>Y-WARRIOR: This class is designed to train the entire body and unleash the Warrior within. Power, strength, cardio, and functional movement combine with the drive and determination of the members to give you an unmatched workout.</p>			
<p>CARDIO: Hard cardio interval training. We use Assault Air Bikes, Air Runners and Air Rowers, Son of the Beast, Vital stroops and more to get that heart rate up. Walk or jog the track before class to warm up and walk or jog the track to cool down after class.</p>			
<p>Both classes are intense.</p>			
<p>Y-Warrior will build basic strength, high calorie burn.</p>			
<p>CARDIO will train cardio vascular system.</p>			