

# RYE Y FREESTYLE FITNESS ZONE SCHEDULE

## MICRO CLASSES (15 minute sessions)

**Bodyweight Training:** Focus on simple, effective exercises using only your own bodyweight.

**TRX Tutorial:** Learn basic movements using the TRX suspension trainer.

**Timed Workouts:** Swap “3 sets of 10” for “3 sets of 30 seconds”. An easy way to revolutionize your workout and get quick results.

**Kettlebell Coaching:** Learn about kettlebell swings and single leg deadlifts.

**Pillar Strength:** Focus on core stability exercises to build a stronger stomach, stronger shoulders, and stronger glutes.

**Ropes Gone Wild:** Interval training using jump ropes and the 40 foot rope.

**Jump Rope Workout:** Work every muscle in your body! The caloric expenditure is somewhere between 10 and 20 calories per minute with this invigorating interval class.

## Family Fitness Class (30 minutes)

Parents and kids ages 8 and older can get fit together. Work out with a variety of timed exercises great for all fitness levels.

**Micro and Family Fitness Classes are free to members.**

All activities listed below are open to all members

Day	Time	Activity
<b>Monday</b>	5:30 am - 10:00 pm	Open Use (ages 12+)
	10:00 am - 10:15 am	Bodyweight Training
	7:30 pm - 7:45 pm	TRX Tutorial
<b>Tuesday</b>	5:30 am - 10:00 pm	Open Use (ages 12+)
	10:30 am - 10:45 am	Pillar Strength
	11:00 am - 11:15 am	Ropes Gone Wild
<b>Wednesday</b>	5:30 am - 10:00 pm	Open Use (ages 12+)
	10:15 am - 10:30 am	TRX Tutorial
<b>Thursday</b>	5:30 am - 10:00 pm	Open Use (ages 12+)
	10:30 am - 10:45 am	Bodyweight Training
	11:00 am - 11:15 am	Ropes Gone Wild
<b>Friday</b>	5:30 am - 10:00 pm	Open Use (ages 12+)
	10:00 am - 10:15 am	Kettlebell Coaching
	12:00 pm - 12:15 pm	Timed Workouts
<b>Saturday</b>	7:00 am - 6:30 pm	Open Use (ages 8+)*
	11:00 am - 11:30 am	Family Fitness
<b>Sunday</b>	8:00m - 6:30 pm	Open Use (ages 8+)*

**The Zone hours are the same as the Rye YMCA facility.**

\*Children ages 8 and over may use the Zone when accompanied by an adult.  
Sneakers must be worn at all time