

Small Group Program Description: No experience required unless indicated. Minimum for each group is 3.



- BOXING:** An ideal interval workout spiking the heart with high intensity boxing drills with bouts of strength conditioning. (Max. 4)
- CORE TRAINING:** A strong and stable core is the best foundation for improved strength, endurance, balance and agility. Various core training tools such as the BOSU, stability balls, core boards, Bender (aka Pilates) balls, pilates rings and resistance bands will be incorporate into this well-rounded workout. A fun, creative and enjoyable way to strengthen your core! (Max. 6)
- CROSS TRAINING:** This program will include strength training, plyometrics, interval, power and endurance training on tools such as TRX, BOSU, kettlebells, stability balls (and more) to improve participant's overall level of fitness and performance. By combining multiple, highly effective training tools in each session, the effectiveness of each training tool is maximized resulting in a well-rounded workout for the participants. (Max. 6)
- Kettlebell:** The kettlebell is a cast iron weight (resembling a cannonball with a handle) used to perform ballistic exercises that combine cardiovascular, strength and flexibility training. The shape and weight of a kettlebell necessitates ballistic and swinging movements. It's wonderful for anyone who is preparing for any racquet sport or golf. The constant antagonist/agonist movement teaches the body how to accelerate and decelerate safely and effectively.
 - Kettlebell:** This course will introduce basic kettlebell exercises to build strength and endurance, particularly in the lower back, legs and shoulders, and increases grip strength. The movements generally mimic real world activities such as shoveling or outdoor gardening/farm work. (Max. 5)
 - Kettlebell & Core Training:** Is a combination of basic kettlebell and core training exercises. (Max. 6)
 - Kettlebell Circuit:** A circuit training workout incorporating the kettlebell and full body exercises at a rapid pace to build cardiovascular endurance and muscle. (Max. 6)
- Mat Pilates:** Pilates is an exercise system focusing on improving flexibility, strength, and body awareness, without necessarily building bulk. It is a resistance exercise where quality is emphasized and not quantity. Exercises will be performed on the floor (mat work), on foam rollers, with Pilates rings, toning balls, BOSU balance balls, gliding disks and bands. (Max. 6)
- PLYO:** Plyometrics is a highly effective, intense, and often misunderstood method of exercise. It is used liberally by competitive athletes to increase speed, power, and improve joint integrity/range of motion. Practicing plyometrics requires an exceptional combination of flexibility, strength, and most of all power. These are all attributes the participant will develop and improve during the course of the class. Most of the exercises can even be done with little to no equipment except one's own bodyweight. Participants can expect to learn proper methods of training that will have a strong impact on all other areas of fitness and sport. (Max. 6)
- YOGA for Men:** Come discover why many pro-athletes have incorporated flexibility training (Yoga) into their workout regimens. Whether you are a runner, cyclist, team sports player, golfer or just a gym-goer, increase flexibility will decrease your risk of injury and your muscle recovery time. These sessions will introduce basic stretches derived from Yoga using proper alignment principles to prevent injuries. Great for those with tight hamstrings, lower back issues, poor posture and under stress! (Max. 8)
 - Specialized YOGA** This course is designed for those who may have limitations in movement and/or injuries which would require modifications to traditional basic Yoga postures. It is also a great course to take if you are new to Yoga (i.e. an Intro. to Yoga). We will cover the common Yoga poses found in most Yoga classes and modify the pose(s) for each participant based on ability. (Max. 8)

Details/Policies:

- Rate is for ONE class/program. Each class is 5 weeks in length. You can enroll in more than one class but you cannot mix and match an individual "class". On occasion, a Trainer may substitute for one another.
- MISSES CLASSES: Classes missed beyond our control are forfeited or may be granted a make up WITHIN the 5 week session, space permitting. Make-ups must be with the same trainer. **Credits and refund are not offered for classes missed by participants unless the class is changed/canceled by Yang's.**
- Payments are non-refundable and non-transferable once program begins. Any refunds are subject to a 10% processing fee.
- *DROP-IN's allowed, space permitting. You must call and prepay 24 hours in advance.

Name: _____ Phone: (_____) _____ Email: _____

Policies Acknowledged: _____ Date: __/__/__

Sessions:

5 weeks each.

Register for one or more.

Offerings are subject to change between sessions based on demand.

Now accepting reservations for the following sessions:

- 1: Jan. 9 thru Feb. 11, 2012** _____
- 2: Feb. 13 thru Mar. 24, 2012** _____
(no classes wk. of 2/20)
- 3: Mar. 26 thru May 5, 2012** _____
(no classes wk. of 3/16)

Class Day(s)/Time(s)

Rate per person (5 week session, each program):

- Member: \$ 99 Drop In: \$25*
 - Non-member: \$ 99 (Reg. \$119) Drop In: \$30*
- New Year Special**

You can join any time during a session, cost will be pro-rated. Ask for Diana.