



Functional Fitness

Suffolk YMCA



Functional Fitness Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	BoxMaster 6-6:30am		BoxMaster 6-6:30am				
	Functional 6:45-7:15am		Combo Class 6:45-7:45am		Combo Class 6:45-7:45am		
			Functional 8:30-9am			Combo Class 9-10am	
	Combo Class 9:15-10:15am	BoxMaster 9:15-9:45am	Combo Class 9:15-10:15am	BoxMaster 9:15-9:45am	Combo Class 9:15-10:15am	BoxMaster 10:15-10:45am	
	Functional 10-10:30am		Functional 10-10:30am				
PM		LunchBOX 12:30-1:15pm		LunchBOX 12:30-1:15pm			
	BoxMaster 5:30-6pm	BoxMaster 5:30-6pm		BoxMaster 5:30-6pm			
	Combo Class 6:15-7:15pm	Combo Class 6:15-7:15pm	Combo Class 6:15-7:15pm	Combo Class 6:15-7:15pm			



Call Member Services desk at 934-9622 for more details.

We're for Youth Development, Healthy Living, and Social Responsibility

All Classes offered in the Functional Fitness Studio require a ticket for participation as space is limited. Tickets will be handed out at the Membership Desk 60 minutes prior to the start of each class, one per person.

Age Guidelines:

Ages 13+ may participate in all Functional Fitness classes with a parent or supervising guardian

Class Descriptions:

BoxMaster: A new form of boxing-style conditioning suitable for all fitness levels. In 30 minutes, participants will experience a five-minute warm-up followed by seven 90-second active recovery rounds. Throughout the workout, participants will hit every aspect of conditioning training both aerobically and anaerobically in an interval format. This fun, exciting program provides a workout like no other!

Functional Fitness: In this 30 minute class we will utilize kettlebells, pull up bars, TRX, gymnastics rings, DynaMax balls, rowing machines and more. Designed to be a simpler approach; yet, encompassing strength, speed, endurance, and agility.

Combo Class: The best of Both! This 60 minute, sweat dripping workout, utilizes all of our Functional Fitness tools and BoxMaster. This class is designed to get you the cardio workout you need and leave your muscles burning. If you want to be in the best shape of your life, our new "combo" class is your answer.

LunchBox: BoxMaster and the best of our Functional Training all in a 45 minute class. Designed to give you both the strength and cardio workout you need. This class is designed for anyone with a busy schedule that truly needs that complete lunch time workout.