



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GLEASON FAMILY YMCA Group Exercise Schedule

Contact: Lu Brito - Senior Program Director
 508.295.8194 x17 • lbrito@ymcasc.org

Schedule from September 4, 2018 ESCAPE FITNESS OCTAGON GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30-10:30 Kerry H Crush it with Kerry		9:30-10:30 Kerry H Crush it with Kerry			
12:00-12:30 Lu X-Press		12:00-12:30 Lu X-Press		12:00-12:30 Lu X-Press		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ESCAPE FITNESS OCTAGON

The Escape Fitness Octagon is a rig that can cater up to 12 participants at once. It provides fun and unlimited cross training, strength, and functional group workouts to be progressed and regressed depending on the user. This makes it perfect for everyone from fitness beginners to high end athletes!

Group Exercise Class Descriptions

LV1 = Beginners | LV2 - Intermediate | LV3 - Advanced

A02 (LV1): A class designed for our Active Older Adults using the octagon and functional exercises to improve mobility, stability, strength, and balance. Not an Active Older Adult but want a gentler approach to functional training? This class would be perfect for you! Come join the fun on the Octagon!

X-Press (LV1-LV3): Short on time? Then come try our half hour X-Press workout! This class focuses on strength training and cardio using dumbbells, body bars, bands, plyo-metrics, and body weight exercises.

Crush it with Kerry! (LV1-LV3): This a high energy and high intensity class that will blast fat, increase strength, and increase the cardio vascular system. All skill levels are welcome and exercises can be modified best on your skills!

Ask a Y Staff Member for assistance!

An Escape Fitness Octagon manual is available at the Wellness Center!

GLEASON FAMILY YMCA

33 Charge Pond Rd Wareham, MA 02571

P 508.295.8194 F 508.295.8973

YMCASC.ORG