



ALLOY[®]

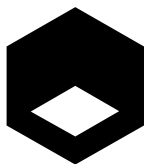
SEPT. & OCT. 2016



**KETTLE MORAINE YMCA
West Wash. & River Shores Branches
PARADISE SPRINGS FITNESS**

Alloy[®] is only available to Kettle Moraine YMCA members and Paradise Springs Fitness members. Members from either organization can participate at any of the 3 branches of the Kettle Moraine YMCA or at Paradise Springs Fitness.

Location Key: WW = Y's West Washington Branch | RS = Y's River Shores Branch | PSF = Paradise Springs Fitness



Foundations - Team Training (7-20 people)

You can't build a great home without a solid foundation. With this challenging full-body program, you will establish proper movement, a base level of conditioning and make progress at your own pace while beginning the path to success.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9am WW w/Miranda	8am PSF w/Instructor	10am WW w/Gina	5:45am WW w/Kristy	10:30am WW w/Kristy	8am WW w/Kristy	
	9:30am WW w/Lori		8am PSF w/Instructor		8am PSF w/Instructor	
5pm WW w/Chris W.	5pm WW w/Miranda	5:30pm WW w/Kristy	5pm PSF w/Instructor			
6pm PSF w/Instructor	6pm RS w/Ann-Marie	6pm PSF w/Instructor	6:30pm WW w/Sue			
	6pm PSF w/Instructor					



Afterburn - Team Training (7-20 people)

A combination of weights and cardio - the ultimate fat loss workout. Not only will you burn up to 1,000 calories an hour but you will continue to burn fat and calories up to 48 hours after your workout is complete.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am PSF w/Instructor		6am PSF w/Instructor	8:30am WW w/Stephen	5:15am WW w/Megan D.	8am RS w/Stephen	9:30am WW Rotating Instructors
9am PSF w/Instructor		9am WW w/Megan D.		9am PSF w/Instructor	9am WW w/Leah	
10am WW w/Andrea					9am PSF w/Instructor	
5pm PSF w/Instructor	6:30pm WW w/Chris W.	5pm PSF w/Instructor	5:30pm WW w/Sue			
6pm WW w/Kristy						



LAUNCHING IN 2017

Industrial Strength - Team Training (7-12 people)

Get stronger, slimmer, and more athletic. Working with heavier loads and fewer reps mean more strength, without bulk.

Small Group Training on Reverse



Small Group Training (2-4 people)

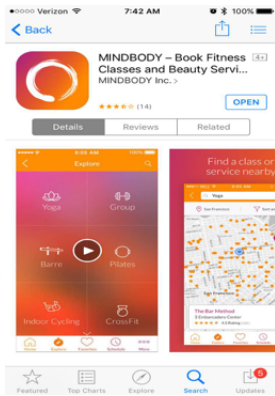
In the small group setting you will benefit from in-depth instruction while focusing on your individual needs.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:15am WW w/Carrie	9am WW w/Stephen	9am WW w/Chris W.	9am RS w/Jeni	9am WW w/Miranda	8am WW w/Leah	
8:30am WW w/Stephen		9am RS w/Ann-Marie	8:30am WW w/Miranda	10am WW w/Carrie	9am WW w/Miranda	
9:30am WW w/Gina			9:30am WW w/Ann-Marie			
3pm WW w/Sue	4:30pm RS w/Kristy	4:30pm WW w/Miranda	4:30pm WW w/Sue			
4:15pm WW w/Sue	5pm WW w/Chris W.	5:30pm RS w/Jeni	5pm WW w/Chris W.			
4:30pm RS w/Ann-Marie	7pm WW w/Sue	6pm WW w/Sue				
5:15pm WW w/Sue	7pm RS w/Ann-Marie	6:45pm WW w/Nicola				
6pm WW w/Chris W.		7pm WW w/Sue				

For availability of Small Group Training Sessions at Paradise Springs Fitness (PSF) check the MINDBODY app or call PSF at 262-306-1745.

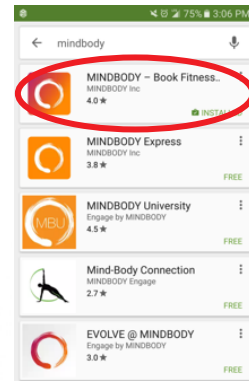
Alloy® schedules are subject to change. Please check the MINDBODY app for the most current schedule.

How to download the MINDBODY App



How to download the MINDBODY app for Apple:

1. In the Apple App Store, search MINDBODY
2. Click "get" to download the app
3. Click "install" to install the app
4. The MINDBODY app will download to your app screen
5. Open the app and follow the prompts to set up your account through MINDBODY - be sure to record your username and password as the Y will not have access or know your login information. There is also an option to connect your account via Facebook.



How to download the MINDBODY app for Android:

1. In the Google Play Store, search MINDBODY - Book Fitness
2. Click on MINDBODY - Book Fitness (there are 3 choices that pop up after you search)
3. Click "install" to install the app
4. The MINDBODY app will download to your app screen
5. Open the app and follow the prompts to set up your account through MINDBODY - be sure to record your username and password as the Y will not have access or know your login information. There is also an option to connect your account via Facebook.

KETTLE MORAINÉ YMCA | www.kmymca.org

West Washington Branch
1111 W. Washington St., West Bend, WI 53095
262-334-3405

Feith Family Ozaukee Branch
465 Northwoods Rd., Port Washington, WI 53074
262-268-9622

River Shores Branch
705 Village Green Way, West Bend, WI 53090
262-247-1050

PARADISE SPRINGS FITNESS | www.paradisefitness.com

1414 E. Paradise Dr., West Bend, WI 53095 | 262-306-1745