



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

[YMCA of Montclair Athletic Performance Lab \(APL\) FAQ](#)

[What is the Athletic Performance Lab \(APL\)?](#)

This is a private workout space dedicated to performance-based workouts, used for personal training and small-group instruction. The space contains a power rack and barbell equipment, free weights, an ergonomic motorless treadmill, a tire flip, adjustable standard and Nordic benches, TRX Suspension trainers, Vertimax, turf run and weighted sled, a rack and bar installation, kettlebells, slam balls, and a variety of functional free motion equipment.

[Who can use the space?](#)

The space is for personal trainers and their clients, group training, and youth athletic performance training. Classes held in the space include the Functional Weight Lifting class and the Youth Athletic Performance class.

[How do I purchase personal training in the APL?](#)

Purchase an ordinary personal training package and inform your trainer you want to use the APL. All our personal training clients can access this space as part of their purchase – one of many benefits we offer our members.

[How do I purchase small group training?](#)

This is specialized personal training and sold in the same way. Groups of 3-5 individuals can purchase one hour of training for \$150. Groups of 6-8 individuals can purchase one hour of training for \$200. The YMCA does not “pair people up” into training groups; this is for the members to arrange a way that fits their goals and preferences. We do not offer more than one hour of group training at a time, as these goals and preferences tend to change, and group participants may come and go with each session. Participants may choose to settle the cost of training by reimbursing each other, or our membership team would be happy to split the invoice.

How do I purchase youth athletic performance training?

This is specialized personal training and sold in the same way. Members ages 10-18 can purchase one hour of training for \$70 or three hours of training for \$190.

How do I join the Functional Weightlifting class?

This class is a group fitness class and is free with your membership. It is offered each Sunday at 12:00pm, with limited space available. Members may register on MotionVibe for one class at a time, up to seven days in advance.

How do I join the Youth Athletic Performance class?

This class will be offered once a week starting in May 2024. Each session costs \$15, and members register for one session at a time on CORE. This purchase can be made at the Welcome Desk or online with a YMCA login. The class is open to ages 10-15. For more information, please email Rheagan Alexander, Healthy Living Director, at salexander@montclairymca.org.