



MEDIA ADVISORY / PHOTO OPPORTUNITY

Six weeks starting Sept. 14, 2009

Newest Minneapolis Fitness Craze Has Navy Seals Origin

New TRX Suspension Training at YWCA of Minneapolis

WHAT: New fitness classes at the YWCA of Minneapolis are using straps suspended from grid scaffolding to build overall strength, core stability and balance. The new workout allows people of all fitness levels to gain flexibility and strength in an interactive small group setting with personal trainers.

Using the straps, participants move through a series of movements and postures designed to strengthen muscles and work the entire body in a coordinated sequence. Suspension training encourages multiplanar movement and challenges participants to use their own body weight in developing strength and balance.

For six weeks, YWCA members and non-members are welcome to take advantage of a unique opportunity to sample TRX classes at all three YWCA locations.

TRX® Suspension Training® was born in wharf-side warehouses, ships and submarines where Navy Seals wanted to stay in peak condition but had limited space and equipment. Now, people of all fitness levels are embracing this new trend and signing up for trainer led classes.

WHEN: Free sample classes for six weeks only!
Sept. 14 – Oct. 25, 2009

Downtown YWCA	Tuesday	5 p.m.
	Wednesday	12:15 p.m.
Midtown YWCA	Thursday	5:30 p.m.
	Saturday	11 a.m.
Uptown YWCA	Tuesday	11:30 a.m.
	Wednesday	7:30 p.m.
	Friday	4:30 p.m.

WHERE:	Downtown YWCA	Midtown YWCA	Uptown YWCA
	1130 Nicollet Mall	2121 East Lake Street	2808 Hennepin Ave. South

PHOTO OPPORTUNITIES:

- Capture the reactions of YWCA members trying out newest fitness craze.
- Talk with Jill Winegar, Pilates expert, and other YWCA trainers about the benefits of TRX Suspension Training.

About the YWCA of Minneapolis

The YWCA of Minneapolis is a nonprofit organization striving to empower women and girls and eliminate racism. The YWCA of Minneapolis has been empowering women and girls since 1891 and is a community leader in health and fitness. The YWCA of Minneapolis has approximately 20,000 members at three health & fitness locations - Downtown YWCA, Midtown YWCA, and Uptown YWCA.

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