



## GROUP TRX CLASSES

TRX classes are done in a small group setting with six participants and a personal trainer so you get a well-rounded workout and lots of individual attention. The class is a specialized group fitness offering and requires registration and an additional fee.

### SPRING SESSION 1

**April 5 - May 16 (6 weeks)**

**Registration Opens: March 24**

### SPRING SESSION 2

**May 17 - June 27 (6 weeks)**

**Registration Opens: March 24**

#### SESSION COST

\$120\*

*\*All Non-Members will be charged an additional 20% administration fees for services.*

**Please see page 43-44 for information on registration and policies.**

## PRIVATE TRX SESSIONS

If you prefer the individual attention and scheduling options that private training brings, check our website. All our trainers are trained and certified in TRX training.

**Learn about our Personal Trainers and their area of expertise in the fitness area and online at [www.ywcampls.org/healthfitness/personal-training/trainers](http://www.ywcampls.org/healthfitness/personal-training/trainers).**

## MAKE YOUR BODY YOUR MACHINE™

In wharf-side warehouses, ships and submarines this innovative training system evolved from the need for Navy SEALs to stay in peak condition with limited space and without traditional fitness equipment. TRX started as a few lengths of parachute webbing and has developed into an entirely new and original category of functional exercise: Suspension Training. TRX is an innovative and contemporary way to train and not just applicable to elite athletes or Navy SEALs but anyone who seeks a method to safely and rapidly improve their fitness.

**BENEFITS OF TRX TRAINING** • Unlimited versatility • Maximizes your training time • Builds core strength • Increases flexibility • Works balance, stability and power • It's FUN!

### TRX BODY BLAST NEW!

Traditional group fitness format, movements of the group share a coordinated tempo and are driven by the beat of the music. Ideal for those new to TRX and for those who enjoy the fun and high energy of a group fitness format.

### TRX BOOT CAMP NEW!

A fabulous combination of timed TRX intervals with cardio activities added in for a heart-pumping workout. This is an intense workout for those who have a good fitness base already.

## TRX GROUP CLASSES

TRX Group Classes are not included in your membership, require registration and are available for an additional cost.

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Downtown		<b>TRX BODY BLAST</b> 5:00 pm (ATR)	<b>TRX BOOT CAMP</b> 12:15 pm (ATR)		
Midtown	<b>TRX BODY BLAST</b> 7:00 am (GTS)			<b>TRX BODY BLAST</b> 5:30 pm (GTS)	<b>TRX BODY BLAST</b> 11:00 am (GTS)
Uptown	<b>TRX BODY BLAST</b> 5:00 pm (FF)	<b>TRX BOOT CAMP</b> 11:30 am (FF)	<b>TRX BOOT CAMP</b> 6:30 pm (FF)	<b>TRX BODY BLAST</b> 7:00 pm (FF)	

Location: (ATR) = Lower Level Atrium, (GTS) = Group Training Studio, (FF) = Fitness Floor

WEEKEND

LOCATION	SATURDAY	SUNDAY
Midtown	<b>TRX BOOT CAMP</b> 11:00 am (GTS)	<b>TRX BODY BLAST</b> 2:30 pm (GTS)
Uptown	<b>TRX BODY BLAST</b> 9:00 am (FF)	