



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX SMALL GROUP TRAINING

Take your fitness to the next level with TRX. TRX is a small group personal training setting using suspension training to build true functional strength and improve flexibility, balance and core stability.

Session Dates

December 2nd – December 30th

****OR FIND TWO FRIENDS AND LET US KNOW A TIME THAT WORKS FOR YOU!!**

Where

Fitness Floor

When

Mondays – 9:30 am or 11:00am

Tuesdays – 5:40am or 11:00am

Wednesdays – 1:00pm or 6:30pm

Thursdays – 9:30am or 11:30am

Fridays – 8:00am, 10:15am, 11:15am or 12:30pm

Member Cost

\$75/ per session per time slot

Non-Member

\$125/per session per time slot.

YMCA HEALTHY LIVING CENTER

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