

# TRX EAST

## Specialized Small

# GROUP

Like us on Facebook *"TRX training is the most versatile total-body workout on the planet."*

# Training

### TRX Fall Session I: 8 weeks \$80 All Classes 60 min.

DATE	DAY	TIME	CLASS	INSTRUCTOR
Sept 12-Oct 31	Monday	4:30pm	TRX-Strength & Conditioning	Deb
Sept 14-Nov 2	Wednesday	5:30am	TRX-Kettlebell	Rebecca
Sept 16-Nov 4	Friday	8:45am	TRX-Kettlebell	Nichole
Sept 17-Nov 5	Saturday	9:00am	TRX-Boot Camp	Katie

**Registration Deadline: Saturday September 10th Non-member Fee \$90**

### TRX Fall Session II: 6 weeks \$60

DATE	DAY	TIME	CLASS	INSTRUCTOR
Nov 7-Dec 12	Monday	4:30pm	TRX-Strength & Conditioning	Deb
Nov 9-Dec 14	Wednesday	5:30am	TRX-Kettlebell	Rebecca
Nov 11-Dec 16	Friday	8:45am	TRX-Kettlebell	Nichole
Nov 12-Dec 17	Saturday	9:00am	TRX-Boot Camp	Katie

**Registration Deadline: Saturday November 5th Non-member Fee \$70**

**TRX SUSPENSION TRAINING**  
**"Make Your Body Your Machine"**

# CONQUER ANY GOAL WITH TRX

For more information contact  
Crystal Harvey - Group Training Director 608-241-2639



**TRX STRENGTH & CONDITIONING** – TRX Suspension Training + high intensity/short duration cardiovascular & strength training. Challenge your body with a fun workout that is uniquely designed to increase your fitness and endurance making you sweat.

**TRX BOOTCAMP** – Challenging fast-paced workout that combines TRX strength exercises with cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

**TRX/KETTLEBELL** – This fun and unique session will include a total body workout engaging multiple muscle groups, building on strength and cardiovascular endurance, while increasing core stability.

## Group Training Policies

1. **Group training sales are final after registration deadline. No refunds will be given after registration deadline.**
2. **Credits will only be issued if the participant is unable to participate due to an injury or illness and a doctor's note is submitted within 2 weeks of the injury/illness occurring. The credit will be put on the member's account to be used towards future group training or personal training session(s).**
3. **Missed TRX classes may be made-up by attending another scheduled TRX class with prior approval via your TRX trainer. Session classes must be made-up before the end of the current session and will not be prorated towards future sessions.**
4. **All group training sessions must have a minimum number of participants to run. If there are not enough participants, a refund will be issued.**
5. **In the event that Madison Schools are closed due to bad weather all morning session classes will be cancelled. Rescheduling cancelled class(es) will be managed via your TRX trainer. Afternoon classes will be decided on by 3:00 pm**