

# TRX EAST

## Specialized Small

# GROUP

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

# Training

### TRX Spring Session I: 4 weeks \$40 All Classes 60 min.

DATE	DAY	TIME	CLASS	INSTRUCTOR
May 2-May 23	Monday	4:30pm	TRX-Strength & Conditioning	Deb
May 3-May 24	Tuesday	6:00pm	TRX-Kettlebell	Rebecca
May 4-May 25	Wednesday	5:30am	TRX-Kettlebell	Rebecca
May 4-May 24	Wednesday	9:45am	TRX-kettlebell	Nichole
May 6-May 27	Friday	8:45am	TRX-Kettlebell	Nichole

**Registration Deadline: Saturday April 30th Non-member fee: \$50**

### TRX Spring Session II: 4 weeks \$40

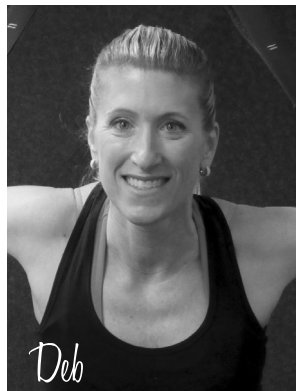
DATE	DAY	TIME	CLASS	INSTRUCTOR
June 6-June 27	Monday	4:30pm	TRX-Strength & Conditioning	Deb
June 8-June 29	Wednesday	5:30am	TRX-Kettlebell	Rebecca
June 8-June 29	Wednesday	9:45am	TRX-Kettlebell	Nichole
June 10-July 1	Friday	8:45am	TRX-Kettlebell	Nichole

**Registration Deadline: Saturday June 4th Non-member fee: \$50**

**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 CIRCUIT** – 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 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**