

TRX Specialized GROUP Training



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

FREE INTRO CLASSES, 2014!

JAN 6-10 & FEB 24-28

All sessions are 45 minutes.

Winter Session: Jan. 13th – Feb. 21st

WEST <i>Small Group Training Schedule</i>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes are not pro-rated	9:00am TRX Strength/Priscilla 45 min.	8:00am TRX Straps & Ropes Amanda 45 min.	9:00am TRX ENDURANCE/ Priscilla 45 min.			
	9:45am TRX Elite Priscilla 45 min.		9:45am TRX Complete CORE/Priscilla 45 min.	10:30am TRX Straps & Ropes Amanda 45 min.	9:00am TRX Interval/Jake 45 min.	
	6:00pm TRX BootCAMP Ashton 45 min.	6:00pm Total TRX/Reba 45 min.	6:15pm TRX- TRA Jake 45 min.		9:45am TRX Boomers/Jake 45 min.	

TRX Suspension Training “Make Your Body Your Machine”

At Princeton Club West TRX Suspension Training follows a progressive and developmental philosophy to meet the needs and challenge each client. TRX exercises incorporate your own body weight, gravity and natural, integrated movements to build total body strength, mobility, endurance and power.

Group personal training program targets specific muscle groups with added benefits of full core activation in every exercise.

FREE INTRO sessions will be held fall, winter, spring. Please check the front desk for sign-ups..

Not sure what TRX session is appropriate for you? Prefer a one-on-one session? Miss your session start date? Need a make up session? Please contact Priscilla Peterson at priscilla@princetonclub.net for assistance.

By moving your body through space, you produce more full body tension and elicit greater neuromuscular activation. This leads to faster gains in muscle and strength.

WINTER RATES \$60/ SESSION

Please see TRX Package Rates Sheet for pricing.

Winter Session:

January 13-February 21

Spring I Session:

March 3-April 11

Spring II Session: *All sessions are 6 weeks.

April 14-May 23

DROP-INS WELCOME:

\$20 member per class

\$25 non-member per class

WEST TRX *Group Training Class Descriptions*

No matter who you are or what you are training for, TRX suspension training exercises will build power, flexibility, core strength and endurance.



CONQUER ANY GOAL WITH TRX.



TOTAL TRX: 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.

TRX BOOTCAMP: 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 while making you sweat.

TRXTRA: This session will begin by focusing on the basic fundamentals of TRX. Once mastered, 'xtras' will be added to the workout, all to confuse the muscles while training in all three planes, and take each participant's fitness to the next level. This training session will include the use of Kettlebells, medicine balls, agility ladders, as well as other equipment to boost your cardio endurance.

TRX FOR BOOMERS: Lower impact TRX circuit training consisting of easily regressed exercises designed to develop and maintain strength and function in the older population. Great session for participants with previous hip or knee replacements/surgeries.

TRX INTERVAL: This session will deliver high output TRX combined with interval -based speed and agility exercises to inspire the higher fitness level.

TRX STRENGTH: Steady paced TRX exercises focusing on increasing progression of difficulty, the development of all major muscle groups, and developing body structure. Appropriate for any fitness level, due to the variability that TRX offers.

TRX COMPLETE CORE: Includes all the benefits of TRX Training as each exercise will focus on utilizing the entire CORE.

TRX STRAPS & ROPES: This class will combine TRX total body strength circuits with high intensity cardio utilizing jump ropes and battle ropes.

TRX ELITE: This class is for individuals who have had extensive TRX Training and instructor approval. Contact priscilla@princetonclub.net with questions.