

TRX

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

GROUP Training

effective
June 1st, 2012

WEST <i>Small Group Training Schedule</i>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15am TRX Strength/Priscilla 45 min.		9:15am TRX Team Training Priscilla 45 min.		9:00am TRX Interval/Jake 45 min.	8:15am Total TRX/Chris 45 min.
				11:00am TRX for Teens*/Jake 45 min.	9:45am TRX Boomers/Jake 45 min.	9:00am Intro 30 min.
	4:00pm Total TRX/Reba/Darren 45 min.	6:15pm Total TRX/Chris/Reba 45 min.	5:15pm Intro 30 min 1st WED OF MONTH	6:15pm Total TRX/Reba 45 min.		1st SAT OF MONTH

All summer sessions are 4 weeks in length, and begin the first week of each month.

*TRX for TEENS will begin on FRIDAY, June 8; all others are on Thursdays.



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

CONQUER ANY GOAL WITH TRX.

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

Please see the front desk for details.

MEMBER

■ 4 WEEK SESSION**\$40.00**

NON MEMBER

■ 4 WEEK SESSION**\$65.00**

WEST TRX *Group Exercise Class Descriptions*

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TOTAL TRX: All core, all the time...packed with total body resistance exercises that will engage the entire core while providing an overall body workout.

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

TRX BOOT CAMP: Revolutionize your training with a fun and dynamic workout that includes strength endurance, intense core and anaerobic drills.

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 TEAM TRAINING: Be a part of TEAM TRX! This unique session will include a total body workout engaging multiple muscle groups, and building on cardiovascular endurance through running drills and competitive team building activities.

TRX FOR TEENS 12+: Stay in shape and on top of your game! Teen sessions will focus on sport specific skills and complete athletic conditioning for each individual, while keeping the physical development of the teen in mind.