

# TRX EAST

Specialized Small

# GROUP

Training

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

All classes 60 min.

## TRX Winter Session I: \$80 - 8 weeks

DATE	DAY	TIME	CLASS	INSTRUCTOR
Oct. 31 - Dec. 19	Wednesday	5:30 am	TRX - Kettle Bell	Rebecca
Nov. 2 - Dec. 21	Friday	8:45 am	TRX - Kettle Bell	Nichole

Non-Member Fee \$90 - 8 weeks

## TRX Winter Session II: \$80 - 8 weeks

DATE	DAY	TIME	CLASS	INSTRUCTOR
Jan. 2 - Feb. 20	Wednesday	5:30 am	TRX - Kettle Bell	Rebecca
Jan. 4 - Feb. 22	Friday	8:45 am	TRX - Kettle Bell	Nichole

Non-Member Fee \$90 - 8 weeks

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

# CONQUER ANY GOAL WITH TRX

For more information contact

**Crystal Lanphier - 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/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**