



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TRX Schedule 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am TRX	5:15am TRX	8:30am TRX	5:15am TRX	8:30am TRX	9:30am TorqueRX
9:45am SENIOR TRX	8:30am TRX	9:30am TRX	8:30am TRX	9:45am SENIOR TRX	
10:30am SENIOR TRX		10:40am SENIOR TRX	12:10-12:50pm LUNCH TRX	10:30am SENIOR TRX	
11:15am SENIOR TRX		11:15am SENIOR TRX	4:00pm YOUTH TRX	11:15am SENIOR TRX	
4:00pm YOUTH TRX	5:00pm TRX		5:15pm TRX		
5:00pm CORE TRX					

### TRX Suspension Training

Born in the U.S. Navy, Suspension Training is a revolutionary method of leveraging bodyweight exercise. Safely perform hundreds of exercises that build power, core stability, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

**Details:** Sessions last 1 hour with our Certified TRX Instructor and are limited to 20 participants. *(Thursday lunchtime class is 40 minutes)*

**Cost Per Month:** \$8 - Drop-in (if spots are available)

\$15 - 4 sessions per month (\$10 college students)

\$30 - Month Unlimited (\$20 college students)

Month Unlimited for a family of 2 or more - \$50

**Senior TRX:** \$15 - 1 day of TRX every week per month  
 \$25 - 2 days of TRX every week per month  
 \$30 - 3 days of TRX every week per month

**Youth TRX:** \$12 per month (ages 4-12)

