



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TRX Schedule 2023

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		11:15am SENIOR 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

