



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TRX Schedule 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am TRX Alex M.	5:15 am TRX Robert T.	8:30 am TRX Brett C.	5:15 am TRX Robert T.	8:30 am TRX Robert T.	9:30 am Torque TRX (½ TRX & ½ Cycling) Maria C.
9:45 am SENIOR TRX Alex M.	8:30 am TRX Robert T.	9:30 am TRX Brett C.	8:30 am TRX Robert T.	9:45 am SENIOR TRX Robert T.	
10:30 am SENIOR TRX Robert T.		10:30 am SENIOR TRX Robert T.	12:10-12:50pm LUNCH TRX Brett C.	10:30 am SENIOR TRX Robert T.	
11:15 am SENIOR TRX Robert T.		11:15 am SENIOR TRX Robert T.		11:15 am SENIOR TRX Robert T.	
5:00 pm CoreTRX Kelly H.	5:00 pm TRX Brett C.				

## **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 45 min to 1 hour with our Certified TRX Instructor and are limited to 16-20 participants. Please use PunchPass to sign-up. *(Thursday lunchtime class last 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 - One day of TRX every week per month

\$25 - Two days of TRX every week per month

\$30 - Three days of TRX every week per month

**Questions:** Ask for Brett Campbell, the Director of TRX for the YMCA.

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