



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AUBURN YMCA-WEIU TRX® SCHEDULE MARCH 5th – APRIL 21st

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM- 6:30 AM				LEVEL 2		
7:30 AM- 8:30 AM						LEVEL 1
9:00AM- 10:00 AM					LEVEL 2	
9:30AM- 10:00AM			½ HOUR INTRO Sign up at desk			
10:00 AM – 11:00 AM	BODY BLAST LEVEL 2 LIMIT 6 PPL					
12:15 PM – 12:45 PM					½ Hour CORE CHALLENGE LIMIT 6 PPL	
4:30 PM – 5:30 PM	LEVEL 2	LEVEL 1	BODY BLAST LEVEL 2 LIMIT 6 PPL			
5:00 PM – 6:00 PM				LEVEL 1		
5:30 PM- 6:30 PM		LEVEL 2				
6:00 PM – 7:00 PM			LEVEL 1			

BODY BLAST: This class format is delivered as a traditional group exercise class. The exercises are beat driven and generally performed in reps of 8 at varying degrees of tempo. Due to our limited number of TRX systems, this class will only be available to 6 participants per session.

½ HOUR INTRO CLASS: Trainers will be available at this time for a general over view of our TRX system. Participants **MUST** sign up 24 hours in advance as we are limited in TRX training systems. Members may only attend this class once as we are NOT charging for this opportunity.

LEVEL 1 Class: Every member must participate in at least one full session of this class in order to register for any other TRX classes. Participants will learn the proper adjustments and cueing to get the most out of the TRX work out.

LEVEL 2 Class: After successfully participating in a Level 1 class, members have the option of advancing to this class. The class will move at a much more rapid pace in tempo and cueing.



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TRX® FEE SCHEDULE

Program will run for 7 weeks

Level 1 Class 1x / week = \$20.00

Level 2 Class or Body Blast 2x/week= \$35.00

½ Hour Class = \$10.00 for 7 weeks