

Bring On Spring!

April 2019 TRX Small Group Training



	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM							
7:00 AM							
8:00 AM						8:15 AM TRX Morrison Athletic Training Center	
9:00 AM	9:30 AM Functional Training Sara's Y High Bay Studio	9:30 AM Functional Training Morrison Athletic Training Center	9:30 AM Functional Training Sara's Y High Bay Studio	9:30 AM TRX Morrison Athletic Training Center			
10:00 AM	10:45 AM TRX Morrison Athletic Training Center		10:45 AM TRX Morrison Athletic Training Center		10:45 AM Functional Training Morrison Athletic Training Center		
11:00 AM				11:00 TRX YOGA Sara's Y Training Studio			
12:00 PM	****TRX Fundamentals***						
1:00 PM	Offered every Sunday at 2:00 at Sara's YMCA. TRX Fundamentals is required prior to participating in TRX classes and encouraged prior to participating in Functional Training classes. Sign up on Mind Body or email MorrisonTRX@ymcacharlotte.org						1:00 PM Functional Training Sara's Y High Bay Studio
2:00 PM	TRX FREE TRIAL CLASSES are the last Wednesday morning and last Tuesday night of the month. Email MorrisonTRX@ymcacharlotte.org to register.						2:00 PM TRX Fundamentals Sara's Y High Bay Studio
3:00 PM							
4:00 PM							
5:00 PM		5:30 PM Functional Training Morrison Athletic Training Center		5:30 PM TRX Morrison Athletic Training Center			

TRX stands for Total Body Resistance eXercise. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. We will lead you to safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels. ***TRX Fundamentals or Free Trial Class is required for participation in TRX Classes. TRX is a paid program. Registration Required.**

>>>RESERVATION POLICY<<<

All TRX participants must pre-register using the Mindbody Online App.

You can pre-register for classes up to 7 days in advance to better plan your weekly workout schedule! Pre-registration ends 5 minutes to scheduled class times for active classes.

Un-registered participants will be permitted into classes as space allows for safety and quality experience.

You must have valid sessions in your account to pre-register.

New purchases – please bring a copy of your receipt to your next workout and your trainer can help sell your package into the Mindbody System for you.

Day pass participants –you will need to bank at least 1 session in your account for pre-register capability.

Any classes with zero pre-registered participants 2-hours prior to the start time will be canceled.

*** CLASS DESCRIPTIONS***

TRX: A strength training workout using the TRX Suspension Trainer and your body weight to obtain a total body workout while constantly engaging your core muscles. A combination of strength, rotation, balance, flexibility and mobility to challenge the entire body. In addition to the suspension trainer and your body weight other equipment such as assault bikes, rowers, sleds, balls, etc., may be utilized.

Functional Training: Redefine your workouts with this unique mix of rotational movement, core stabilization, power, strength, mobility and metabolic conditioning challenges! Classes utilize the TRX suspension trainer, RIP trainer, rowers, kettle bells, weights ropes and balls for variety to challenge you every single workout with the goal to increase endurance and stamina.

TRX Yoga: Yoga TRX style with use of the suspension trainer to execute yoga moves to facilitate increased mobility and flexibility.

>>> TRX FREE TRIAL <<<

>>>Last Wednesday of the month<<<

9:30 at Sara's Y or 10:45 at Morrison

OR the last Tuesday of the month at 5:30 at Morrison

>>Email<<

morrisontrx@ymcacharlotte.org for more information and to register

*Space is limited! *Limit 1 per person.

*No experience required.

TRX Suspension Training

TRX Fundamentals Class is included in the Unlimited SGT package or \$18/person for a day pass for a 50 minute introduction workout with one of our certified TRX coaches.

YMCA Member: \$18/class

Punchcard: \$110 (10 classes) *Must be completed within 3 months

Unlimited: \$90/month and includes all Small Group Training Classes/ Programs excluding Reformer.

Premium Unlimited: \$135/Month and includes all SGT classes + Reformer