



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GETTING STRONGER TOGETHER

TRX



Winter/Spring I TRX® Group Training Program Schedule

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Friday</u> | <u>Sunday</u> |
|--|---|--|--|--|
| Body Blast 4:30 pm DU (45) Olivia | Body Blast 5:30 pm DU (45) Paula | Boot Camp 9:15 am DU (45) Christa | Body Blast 8:15 am DU (45) Paula | Circuit 1:15 pm ASV (45) Olivia |
| Participants limited to 2 TRX class registrations | | | Boot Camp 12:15 pm ASV (45) Jason | |

**Registration is required for TRX program. This program runs on a 7-week session.
W/S I Session Runs: January 8-February 25, 2024**

Please note that instructors listed next to the class are assigned to that class. There is always a chance of that instructor using a substitute when necessary.

Our Mission: The YMCA of Southwestern Indiana Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.