



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GETTING STRONGER TOGETHER



## Summer I TRX® Group Training Program Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		Boot Camp 9:00 am DU (45) Christa		Body Blast 8:15 am DU (45) Melissa
		Body Blast 4:30 pm DU (45) Paula		<b>Participants limited to 2 TRX class registrations</b>

Registration is required for TRX program. This program runs on a 6-week session.  
Summer I Session Runs: May 31-July 10, 2022

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.