



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GETTING STRONGER TOGETHER



Fall II TRX® Group Training Program Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Body Blast 5:30 pm DU (45) Paula		Boot Camp 9:00 am DU (45) Christa		Body Blast 8:15 am DU (45) Melissa
				Participants limited to 2 TRX class registrations

**Registration is required for TRX program. This program runs on a 7-week session.
 Fall II Session Runs: October 24-December 11, 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.