



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GETTING STRONGER TOGETHER



## Winter/Spring III TRX® Group Training Program Schedule

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

Registration is required for TRX program. This program runs on a 7-week session.  
 W/S III Session Runs: April 1-May 19, 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.