



**TRX Training modality leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.**

## **2 WAYS TO REGISTER**

**Option 1 - Sign up for one of the set days and times Summer 1 OR 2**

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### **SUMMER 1 OR SUMMER 2**

- Once a week with Joanne - Tuesday 11am-12pm
- Level 2 with Aubrey - Tuesday 5:30pm-6:30pm
- Once a week with Joanne - Thursday 11am-12pm
- Once a week with Christina - Thursday 6:40pm-7:40pm
- Twice a week with Cari - Mon & Wed 9am-10am
- Twice a week with Cari - Mon & Wed 10am-11am
- Once a week with Aubrey - Saturday 9:30am-10:30am

Please fill out a Health and Wellness Program Registration Form. Please ask Jenna if you have questions!

**Option 2 - Choose your trainer, friends, day and time**

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### **TRX TRAINERS**

- Brain Heckathorn
- Joanne Wolford
- Lynne Mestnik
- Aubrey Kraemer
- Cari Detmers
- Rebecca Akers
- Jenna Zdunek

Please fill out a TRX Personal Training Program Registration Form. Please ask Jenna if you have questions!

**1x a week 60minute/7 week session= \$45 • 2x a week 45 minute/7 week session = \$55**