

# TRX<sup>®</sup>

## Suspension Training<sup>®</sup>



### WHAT IS TRX?

**T**otal body **R**esistance **e**xercise.  
Suspension Training bodyweight exercise developing strength, balance, flexibility and core stability simultaneously. The TRX suspension Trainer is the original, best-in-class workout system that 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.

### WHEN?

Tues/Thurs 8:30-9:30AM  
April 17 - May 24

### HOW MUCH?

Members: \$24 per session  
Non-Members: \$45 per session

### WHERE?

Parker YMCA  
Room B

### WITH?

Certified TRX Instructor Laura

**REGISTER  
TODAY!**

For more information, contact Jana Coulter  
ext. 116 or [fitness@ymcajanesville.org](mailto:fitness@ymcajanesville.org).

