



## Class Schedule for TRX / Functional Fitness Training Room

### Tuesday:

**8:45 – 9:30 a.m. – Intro. To TRX & Beyond:** This is a great class to become familiar and comfortable using TRX suspension training! The class is meant to encourage all fitness levels and all ages to add TRX into their workout routines. **This class will run from January 4<sup>th</sup> to February 1<sup>st</sup>, and then will resume March 12<sup>th</sup>.**

**9:30 – 11:00 a.m. – TRX Challenge:** As the name implies, this is a more advanced TRX class that truly challenges participants to learn new or more advanced moves. The class will use different sequencing, different focuses (more cardio, more legs, more upper body or more core) and often adds in other equipment in conjunction with the TRX straps.

### Wednesday:

**12:10 – 12:50 p.m. – Functional Fitness Interval Training:** A great strength and cardio workout for your entire body. This is a perfect class for adding strength, especially core strength, into your day. Functional fitness means using your entire body in all of the ways that make you generally stronger for your life activities. The instructor may use more equipment than just the TRX straps in varying intervals to help participants become much more fit!

### Thursday:

**8:30 – 9:45 a.m. – TRX Strength Worx:** This is a moderate to more advanced TRX class that helps participants learn new or more advanced moves. The class will use different sequencing every class, and often adds in other equipment in conjunction with the TRX straps.

**5:30 – 6:30 p.m. – Functional Fitness Interval Training:** A full hour of defining, shaping, strengthening all the muscles in your whole body. Participants will notice how much stronger they are in their core as well as all their primary and stabilizing muscles! The instructor may use more equipment than just the TRX straps in varying intervals to help participants become much more fit!

### Friday:

**8:30 – 9:30 a.m. – Intro to TRX & Beyond Plus -** This class will focus on using TRX suspension training to work the entire body. The class is meant for all fitness levels and ages. Class will end with a session of stretching for increasing the flexibility of participants. **This class will run from January 4<sup>th</sup> to February 1<sup>st</sup>, and then will resume March 12<sup>th</sup>.**

**4:30 – 5:30 p.m. - Functional Fitness & TRX Full Body:** This class is held in the TRX / Functional Fitness Training Room. Participants will often use core bags, Bulgarian bags, dumbbells, steps, slam balls and other functional fitness training equipment, as well as the TRX straps! This is an EXCELLENT way to strengthen the entire body and participants certainly won't get bored! It can be modified or advanced to suit every fitness level simply by changing ones' choice of bags, weights or their own body angle!

### Sunday:

**10:45 a.m. – 12:00 p.m. Function Fitness for All:** is a class that's constantly varied using functional movements that are done at a high intensity. It's a fun, fast paced class that will challenge even the most experienced athlete. It's a class that can be taught and modified for every level of fitness enthusiast. Functional fitness is for everyone who wants to move better and have a higher quality of life.

