



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX SUSPENSION

SMALL GROUP TRAINING

This program delivers a fast, effective total-body workout while increasing muscular endurance, building lean muscle and helps with weight loss. This suspension training body weight exercise program, develops strength, balance, flexibility and core stability simultaneously. This training benefits all fitness levels. For ages 16+.

Meeting Dates & Times

Mondays

6:50-7:50 am | Members Only

5:15-6 pm | FREE class for Military/First Responders Only

Fitness Studio

Fridays

5:45-6:45 am | 7-8 am | Members Only

Fitness Studio

Fees

Small group personal training rates apply.

Register for two of these sessions and receive 10% off!

Registration

Call: 262.248.6211

Online: GenevaLakesYMCA.org

In Person: Front Desk | Mobile APP

Minimum per class: 3 | Maximum per class: 7

Questions

Contact, Melissa Monge

Program Operations Director | 262.248.6211 x17

melissa.monge@glymca.org

