



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 pricing applies.

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

### Registration

Call: 262.248.6211

Online: [GenevaLakesYMCA.org](http://GenevaLakesYMCA.org)

In Person: Front Desk | Mobile APP

Minimum per class: 3 | Maximum per class: 7

### Questions

Contact, Melissa Monge

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