

Classes with no registration by Thurs. June 1st @ noon will be cancelled



**Next Session Begins**  
**Mon June 5th - July 14th, 2017**  
**Registration starts Wed, May 24th**

**-Pay Per Session**

2x/wk 30 min = Member \$25	Non-Member \$50	<i>(must be the same class time)</i>
2x/wk 45 min = Member \$30	Non-Member \$60	<i>(must be the same class time)</i>
1x/wk 30 min = Member \$12.50	Non-Member \$25	
1x/wk 45 min = Member \$15	Non-Member \$30	

**-Annual Fee**

2x/wk 30 min = Members \$16 (monthly draft) or \$192	Non-Member \$384 (paid in full)
2x/wk 45 min = Members \$20 (monthly draft) or \$240	Non-Member \$480 (paid in full)
1x/wk 30 min = Members \$9 (monthly draft) or \$108	Non-Member \$216 (paid in full)
1x/wk 45 min = Members \$10 (monthly draft) or \$120	Non-Member \$240 (paid in full)

*Automatically signed up for every session with the Bank Draft or Annual Fee*

- The TRX Suspension Trainer is a training tool that leverages gravity and the user's body weight.
- It develops strength, balance, flexibility, endurance and core stability simultaneously (plus burns fat)!
- Benefits people of ALL fitness levels (pro athletes to seniors).
- You control how easy or hard you want to work...where you stand determines how intense the exercise is.
- Fast, effective total body strength training workout.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX Advanced 5:10-5:55am Amy		TRX Advanced 5:10-5:55am Amy			
6:00-6:30am Amy		6:00-6:30am Amy			
8:15-9:00am Amy		8:15-9:00am Amy			
	TRX Sports Conditioning 3:30-4:15pm Amy		TRX Sports Conditioning 3:30-4:15pm Amy	*11:00-11:45am Amy/Terrill	
	*6:30-7:15pm Amy/Amanda				* = 1x a week class

*Tentative date for next session is July 17 - Aug 25...Reg. starts July 3rd*

Questions... Contact Terrill Meier @ 605-225-4910 or [tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)  
 Personal Training also available!

