



**Next Session Begins**  
**Tuesday, Sept 7 - Friday, Oct 8, 2021**  
**Registration starts Monday, Aug 23**

**-Pay Per Session**

2x/wk 45 min = Member \$35      Non-Member \$70 *(must be the same class time)*  
 1x/wk 45 min = Member \$17.50      Non-Member \$35

**-Annual Fee**

2x/wk 45 min = Members \$23.50 (monthly draft) or \$282 Non-Member \$564 (paid in full)  
 1x/wk 45 min = Members \$12 (monthly draft) or \$144 Non-Member \$288 (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
5:10-5:55am Amy		5:10-5:55am Shannon/Estelle			
6:00-6:45am Amy		6:00-6:45am Shannon/Estelle			
8:15-9:00am Amanda		8:15-9:00am Amanda			
	*6:30-7:15pm Amanda				* = 1x a week class

*Tentative date for next session is Oct 11 - Nov 12... Reg. starts Sept 27*

*Questions... Contact Terrill Meier @ 605-225-4910 or tmeier@aberdeenyumca.org*  
*Personal Training also available!*