



Next Session Begins
Monday, Jan 3 - Friday, Feb 4, 2022
Registration starts Monday, Dec 13

-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 Amy | | 8:15-9:00am Amy | | | |
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| | *6:30-7:15pm Amy | | | | * = 1x a week class |

Tentative date for next session is Feb 7 - March 11... Reg. starts Jan 24

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