



INCLUDED ON THE GROUP FITNESS SCHEDULE!

TRX – Total Resistance eXercise

Rope training has been around as early as the 1800s. Randy Hetrick, a former Navy Seal and Stanford MBA graduate, developed the Total Resistance eXercise (TRX) equipment and the associated Suspension Training bodyweight exercises in the 1990s, and started marketing it in 2005.

- *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 |
|----------------------------------|---------|--|----------|--------|
| 5:10-5:55am Pam | | | | |
| 6:00-6:30am Pam | | 6:00-6:30am Amy/Pam Wendy/Pam | | |
| 8:15-9:00am Amy | | 8:15-9:00am Amy | | |
| | | 12:15-12:45pm Mickey | | |
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Personal Training also available... Contact Terrill Meier @605-225-4910
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