

# TRX Studio

🔒 SKILL LEVEL RATINGS						
All Skill Levels						
1 Beginner						
2 Intermediate						
3 Advanced						
\$\$ = Class Fee						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am <b>R.I.S.E - CHEYANNE</b> \$\$ Sign-up Required		5:30-6:30am <b>R.I.S.E - CHEYANNE</b> \$\$ Sign-up Required		5:30-6:30am <b>R.I.S.E - CHEYANNE</b> \$\$ Sign-up Required	
	8:35-9:20am <b>FOREVER FIT</b> KIM L	8:30-9:25am <b>TRX - JON</b> \$\$ Sign-up Required	8:35-9:20am <b>FOREVER FIT</b> KIM L	8:30-9:25am <b>TRX - JON</b> \$\$ Sign-up Required	8:35-9:20am <b>FOREVER FIT</b> TIM	8:00-9:00am <b>KETTLEBELL - MIKE</b> \$\$ Sign-up Required
	9:25-9:55am <b>LIFETONES</b> TERRY		9:25-9:55am <b>LIFETONES</b> VONNE		9:25-9:55am <b>LIFETONES</b> TERRY	9:15-10am <b>CORE CONDITIONING</b> LINDSEY
	10:00-10:55am <b>TRX - ROB</b> \$\$ Sign-up Required		10:00-10:55am <b>TRX - ROB</b> \$\$ Sign-up Required		10:00-10:55am <b>TRX - ROB</b> \$\$ Sign-up Required	
10:45-11:40am <b>TRX - JON</b> \$\$ Sign-up Required		11:00-11:45am <b>FOREVER FIT</b> KIM	11:00-11:45am <b>FUNCTIONAL</b> <b>FITNESS - AUDREY</b>	11:00-11:45am <b>FOREVER FIT</b> KIM L	11:00-11:45am <b>FUNCTIONAL</b> <b>FITNESS - BEV</b>	
		12:00-1:00pm <b>CYCLE-STRENGTH</b> ANDREW - \$\$	12:00-1:00pm <b>TRX - CALLIE</b> \$\$ Sign-up Required	12:00-1:00pm <b>CYCLE-STRENGTH</b> ANDREW - \$\$	12:00-1:00pm <b>TRX - ROB</b> \$\$ Sign-up Required	3:00-4:00pm <b>FREE INTRO TRX</b> Registration Required
4:00-5:00pm <b>TRX JON</b> \$\$ Sign-up Required						4:00-5:00pm <b>TRX JON</b> \$\$ Sign-up Required
						5:00-6:00pm <b>PARENTS</b> <b>NIGHT OUT</b> \$\$ Once per Month

## C L A S S D E S C R I P T I O N S

- ◆ **CORE CONDITIONING:** Improve strength, balance and posture in this effective abdominal workout. You will perform simple yet effective exercises that focus on proper form and technique. A variety of equipment will be used.
- ◆ **CYCLE-STRENGTH TRAINING:** Join acclaimed Personal Trainer and Cycle Instructor Andrew O'Connor for this hybrid-class of cycling and strength training in one workout. The class will begin in the Cycling Studio for 25 minutes for cardio conditioning and then transition to the TRX Studio for an additional 25 minutes of total-body strength training. The cost is \$10.00 per class and sign-ups is available on-line using MINDBODY.
- ◆ **FREE INTRO TRX CLASS:** In this complimentary class, you will learn the foundational movements to prepare you for the TRX class. Six participants per class. Sign-up at the Front Desk is required.
- ◆ **FOREVER FIT:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. You will release tension and stress while improving overall balance and agility.
- ◆ **FUNCTIONAL FITNESS:** A variety of equipment will be used to improve posture, mobility strength and balance. An excellent class for our senior participants but open to all ages.
- ◆ **LIFETONES:** Strength training, cardio, and conditioning for people over 55. A thirty minute workout.
- ◆ **PARENTS NIGHT OUT:** Time for kids to play games and exercise during Parents Night Out movie night in Kids Korner. Sign-up Required. For available dates, please inquire with Kids Korner.
- ◆ **R.I.S.E:** This class incorporates exercise variety and functional movement while focusing on Reaching Intensity Strength & Endurance. It is perfect for an early morning fitness fanatic looking to lose weight and increase lean body mass while under the guidance of Certified Personal Trainer, Cheyanne Bowers. Packages are 20-classes for \$200.00, 10-classes for \$120.00, 5-classes for \$75.00 and Drop-In for \$20.00. Class Packages are valid for 3 months from purchase date. For more information or to sign-up please contact Cheyanne at Cheyanneb@olympicathleticclub.com.
- ◆ **TRX:** Total Body Resistance Exercise Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. Classes are \$5 per class and sign up is required through the MindBody website. New participants must take the "intro to trx class" or work one on one with a trainer on the trx equipment. New member orientations are available free of charge to new members, and reassessments are available free of charge for existing members. For more information about training or to schedule an appointment, contact our Fitness Director, Kyle Hyde, at KyleH@olympicathleticclub.com.

**The TRX room is available for member use when there is not a class scheduled. However, members must exit the room 10 minutes prior to scheduled classes and can re-enter once the class participants exit.**