



TRX Class Schedule
Starting Tuesday September 6th, 2022

<u>TUES.</u>	TRX Flow	7:45am-8:15am	Pam
	TRX Power Hour	5:30pm-6:30pm	Matt
<u>WED.</u>	TRX Extreme	10:00am-10:30am	Kristie
<u>THURS.</u>	TRX Flow	7:45am-8:15am	Pam
	TRX Power Hour	5:30pm-6:30pm	Matt
<u>Fri.</u>	TRX Express (Beginner)	10:00am-10:30am	Kristie

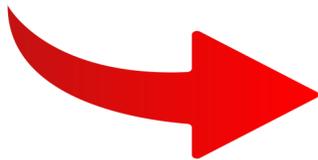
TRX EXPRESS: This class is tailored for beginner to intermediate levels, utilizing the TRX Suspension straps. This energetic class is perfect for TRX first timers, as well as those who want an additional 30-minute workout. (Max participants: 4)

TRX EXTREME: This class is 30 minutes of continuous strength and cardio moves designed to push your physical limits through powerful high intensity moves using the TRX straps & body weight exercises, kettlebells, med balls, and battle ropes. Intermediate to advanced levels. (Max participants: 4)

TRX Flow: A complete and quick 30-minute workout flowing from start to finish. This format begins with a brief warm-up and includes any of the following; strength, cardio, yoga, and finishes with stretching. Designed to increase your core strength and balance! Incorporates the use of TRX straps, and may include the use of Kinesis, kettlebells, slam balls, and battle ropes. Designed for all levels. Give it a try today! (max participant 4)

TRX Power Hour: If you're serious about your fitness and athletic performance and eager to see results, this non-stop 60-minute metabolic workout is for you. This workout includes challenging total-body strength circuits using the TRX straps, with a variety of equipment, including med balls, battle ropes, landmines, and dynamic body weight exercises. (Max participants: 8)

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Group Fitness
Schedules
Online**



FREE to NCH Wellness Members!

Class space is limited. Participation is on a first come first serve basis.

Participants are required to sign up for the class at the front desk.

Sign up begins 1 hour before class times.