



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TRX TRAINING

KEEP YOUR MUSCLES GUESSING

TRX is suspension training that involves the use of bands, suspended from above. TRX training provides an alternative method of training to gym goes who want to vary their training routine to keep muscles guessing and to maintain motivation levels. Small group training classes are 45 minutes per week, 4 weeks per session.

FEES

\$60 per 4-class session (45 minutes per class)

DATES/TIMES

Sign up now for an upcoming session of TRX training! 4 spaces are available in each class. We will match you to an existing class time or create your own session!

REGISTER NOW!

Register at the Fitness Center desk, email vsosey@seattleyymca.org or call Vicki at 425-391-4840 for more information.



SAMMAMISH FAMILY YMCA

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Everyone is welcome. Financial assistance is available.

The **YMCA of Greater Seattle** is a charitable, nonprofit membership organization serving King and south Snohomish counties through youth development, healthy living and social responsibility.