



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

5/11

# GROUP TRX SUSPENSION TRAINING

## What is it?

This 45-minute TRX, or Total Resistance Exercise, class is a suspension training system that allows you to use your own body weight and gravity for a great strength workout. Using the TRX Suspension Trainer will help you build strength, coordination, flexibility, balance, and joint stability.

## Who is it for?

This class is for those at any fitness level and goal. If you want to build strength, coordination, flexibility, balance and joint stability, this class is for you. Men and women of all ages have taken and experienced success in this class.

## What should I wear?

Wear comfortable clothes that allow you to move freely. Shorts, t-shirts, sweat pants, etc...Also, please wear athletic shoes.

## Where should I go?

Check in at the front desk. A front desk associate can tell you where your class is being held.

## How do I register for class?

The registration schedule can be found in the program guide. Follow the schedule carefully, and register at your earliest opportunity. Call 436-9595, or register on line: [www.greenbayymca.org](http://www.greenbayymca.org), with Discover, Visa, or Mastercard, or stop by any YMCA front desk.

## Other Information . . .

Contact: East Side Center 436-1250

**YMCA Mission Statement**  
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership for All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.