FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX TRAINING
SOLID TO THE CORE!

What is TRX Suspension Training?

Born in the U.S. Navy SEALS, TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries.

TRX training is available one-on-one or in group classes.
To schedule one-on-one or group training, please fill out back of the form

Six Week Class Sessions begin March 5th

TRXpress – Mondays at 10:45am (91748) or Thursdays at 6:00pm (91751) $90
30 Min Core Blast – Mondays at 12:30pm (91747) or Fridays at 10:30am (92557) $90
One Hour Body Blast – Mondays at 1:00pm (91749) or Wednesdays at 1:00pm (91752) $175

All classes and trainings are led by TRX Certified instructors

For more information on TRX programs or to schedule a demo, please contact Lisa Luquette at lisalu@ymcahouston.org or 713-664-9622

WEEKLEY FAMILY YMCA
7101 Stella Link, Houston TX 77025
P 713 664 9622 **F** 713 667 6969

YMCA Mission: To put Judeo-Christian principals into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

www.ymcahouston.org/weekley-family/

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TRX Training Contact Form

Please complete the following information and return this form to the Welcome Center.
For more information please call 713-664-9622 or email dawnd@ymcahouston.org.

Name:_____**Date:**_____

Day phone:_____

Night phone:_____

Email:_____

Preferred Method of Contact: ◯ **Phone** ◯ **Email**

Special Conditions/Situations_____

Preferred day(s) of week:_____

Preferred time(s) of day:_____

Is there specific trainer that you would like to work with?

☐ **Leslie Sartor** ☐ **Dena Marks Sokolow**
☐ **Lisa Luquette** ☐ **Terri Prasatik** ☐ **No Preference**

Is there any other information we should know?_____

Thank you for your interest in TRX Training.

For further information, please contact Dawn Dunn at 713-664-9622 or dawnd@ymcahouston.org

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