



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX® CLASS SCHEDULE

Effective November 26

MONDAY

6:30-7 am	TRX®- Intermediate	Artheria	TRX Room
12:15-12:45 pm	TRX®	Dana	TRX Room
4:30-5:15 pm	TRX®	Artheria	TRX Room
5:30-6 pm	TRX®	Artheria	TRX Room
6:05-6:35 pm	TRX®	Artheria	TRX Room

TUESDAY

11:15 am-12 pm	Boot Camp	Michelle	TRX Room
5:30-6 pm	TRX®	Artheria	TRX Room
6:10-6:55 pm	TRX®-Advanced	Artheria	TRX Room

WEDNESDAY

11:40 am-12:10 pm	TRX® Pilates	Leanna	TRX Room
12:15-12:45 pm	TRX®-Beginner	Artheria	TRX Room

THURSDAY

11:15 am-12 pm	TRX®-Intermediate	Kathleen	TRX Room
12:15-1 pm	TRX®-Advanced	Artheria	TRX Room

FRIDAY

6:30-7 am	TRX®-Intermediate	Jihan	TRX Studio
12:15-12:45 pm	TRX®-Advanced	Artheria	TRX Room

SATURDAY

8:30-9 am	TRX®-Beginner	Judy	TRX Room
9:05-9:35 am	TRX®-Beginner	Judy	TRX Room
9:45-10:15 am	TRX®-Beginner	Kathleen	TRX Room
10:20-10:50 am	TRX®-Intermediate	Kathleen	TRX Room

GROUP EXERCISE CLASS POLICIES

- Detailed class descriptions are available online at ymcahouston.org or at the Welcome Center.
- For safety reasons, only those 12 years and older are permitted in class unless attending a designated family class.
- Children under the age of 12 may participate in classes labeled "family" along with their parents.
- Please refrain from entering class after the class has started.
- Unless otherwise noted, our classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.
- Cell phones must be on silent and not answered while in class. This is for your safety as well as not to disturb those taking class.

TELLESPEN FAMILY YMCA
808 Pease, Houston, TX 77002
713-659-8501 • ymcahouston.org/tellepsen



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



Text YMCAHouston to 41411