



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRX® Class Schedule

THE WOODLANDS FAMILY YMCA AT BRANCH CROSSING

Effective January 1, 2019

TRX®: is a suspension training class that leverages gravity and the user's body weight to complete exercises. TRX® builds power, strength, flexibility, balance, mobility and prevents injuries, all at the intensity you choose.

TRX® Functional: is built on the baseline you learn in a normal TRX class but will apply functional and advanced movement-based training techniques across other modalities such as, kettlebells, heavy ropes, weights, sandbags, and more.

Senior/Beginner TRX®: for beginner and or seniors, moving at a slower pace with modifications as needed.

Facility Only Member cost: \$50 per month (unlimited classes at both locations)

- Your access to TRX® classes begins the first of the month and expires on the last day of the month.
- Your month of access provides unlimited classes at the both locations.
- Class size is limited to the first 11 participants.
- First class free..

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Liz B.		8:30am Paula		8:30am Liz B.	
	9:00am Paula		9:00am Paula		
					Updated 11.26.18

Visit the Welcome Center to purchase monthly access to TRX® today!

THE WOODLANDS FAMILY YMCA AT BRANCH CROSSING

8100 Ashlane Way
The Woodlands, TX 77382
281-367-9622

ymcahouston.org/smc-branch-crossing



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

THE WOODLANDS FAMILY YMCA BRANCH CROSSING STUDIO 3 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open to Members 5:00-8:00am	Open to Members 5:00-8:30am	Open to Members 5:00-8:00am	Open to Members 5:00-8:30am	Open to Members 5:00-8:00am	Open to Members 6:00-5:30pm	Open to Members 1:00-6:30pm
8:30-9:30am Commit To Get Fit Mariana		8:30-9:30am Commit To Get Fit Mariana				
8:30-9:30am TRX Functional Liz	9:00-10:00am TRX Paula	8:30-9:30am TRX Paula	9:00-10:00am TRX Paula	8:30-9:30 am TRX Liz		
9:40-10:10am CORE ESSENTIALS Paula	10:15-11am BOSU Paula	9:40-10:10am CORE ESSENTIALS Paula	10:15-11am BOSU Paula	Reserved for Personal Training		
10:30-11:30am Commit To Get Fit Mariana	11:15-12pm Women on Weights Lorna	10:30-11:30am Commit To Get Fit Mariana	11:15-12pm Women on Weights Lorna			
Open to Members 12:00-9:30pm	Open to Members 12:00-9:30pm	Open to Members 12:00-9:30pm	Open to Members 12:00-9:30pm	Open to members 10:00-9:30pm		

STUDIO 3 POLICIES

- Detailed class descriptions are available online at ymcahouston.org or at the Welcome Center.
- Youth, ages 10 to 15, are welcomed with very close supervision of parents at all times for body weight and TRX exercises only.
- Youth, ages 16 and 17 years old, need to sign in at the Welcome Center.
- Please refrain from dropping any kind of weight.
- Please use plyo mats when lifting heavy weights.
- Please throw balls on brick walls only.
- Have fun! Be safe! Get strong!