



TRX

TRX® Class Schedule THE WOODLANDS FAMILY YMCA AT SHADOWBEND Effective January 1, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	8:45am Lorna		8:45am Lorna		
9:30am TRX Functional Teri	9:45-10:30am Senior/Beginner Lorna		9:45-10:30am Senior/Beginner Lorna		
5:00pm Reserved Master Swim			5:00pm Reserved Master Swim		
	6:30pm Liz B.		6:30pm Liz B.		4:00pm Liz B.

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 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)

Please visit Welcome Center Desk to enroll.

- 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 13 participants.
- First class free.

Updated 1/1/2019

THE WOODLANDS FAMILY YMCA AT SHADOWBEND

STUDIO D SCHEDULE

Effective January 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open to Members 5:00-9:00am	Open to Members 5:00-8:00am	Open to Members 5:00-11:00am	Open to Members 5:00-8:00am	Open to Members 5:00-11:00am	Open to Members All day	
	8:45-9:45am TRX Lorna		8:45-9:45 am TRX Lorna			
9:30-10:30am TRX Functional Teri	9:45-10:30am TRX Beginner/Senior Lorna		9:45-10:30am TRX Beginner/ Senior Lorna			
Reserved for Personal training	Reserved for Personal training	Reserved for Personal training	Open to Members 11:00-5:00pm	Reserved for Personal training		Open to members 1:00- 4:00pm
Open to Members 1:00-5:00pm	Open to Members 1:00-5:00pm	Open to Members 1:00-9:30pm	5:00pm Reserved Master Swim	Open to members 1:00-9:30pm		4:00- 5:00pm TRX Liz B.
5:00pm Reserved Master Swim	6:30-7:30pm TRX Liz B.		6:30-7:30pm TRX Liz B.			Open to members 5:00- 6:30pm
Open to Members 7:00-9:30pm	Open to Members 8:00-9:30pm		Open to Members 8:00-9:30pm			

STUDIO D POLICIES

- Detailed class descriptions are available online at ymcahouston.org or at the Welcome Center
- Youth 10 to 15 year old are allowed with close supervision of parents for body weight and TRX exercises only.
- Youth 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!