



EVERYDAY LIVING SKILLS

WESTFIELD YMCA TRX & Functional Trg. CLASSES February 25th – April 21st

CLASS	DAY	TIME	INSTRUCTOR
TRX	Monday	7AM	Anna Tanner
TRX	Monday	9:15AM	Tony Casale
Junior Fit 11-13yrs	Monday & Wednesday	3:15PM	Tony Casale
High School Fit 14-17yrs	Mon. & Wednesday	4PM	Tony Casale
Junior Fit 8-10yrs	Monday & Wednesday	6:30PM	Tony Casale
*FIT After 50	Tues. & Thurs	8:15AM	Collin Partyka
*Women's Strength Trg	Tues. & Thurs	7AM	Karen Saczawa
*Women's Strength Trg	Tues. & Thurs	10AM	Karen Saczawa
Functional Trg.	Tuesday OR Thursday	5:30PM	Tony Casale
Functional Trg.	Tuesday	7:15PM	Martin Lee
Free Intro TRX 20 min for 2 weeks Sessions	Monday Wednesday	6PM 7AM	Tony Casale Cindy Agan
TRX	Wednesday	9:15AM	Tony Casale
TRX	Friday	7AM	Tony Casale
TRX	Friday	9:15AM	Tony Casale

TRX COST

Members: \$30. for one 8 week session
 Non-Members: \$65.00 for one 8 week session
**Registration & 3 member minimum
 required**

Fit After 50

Member: \$35. 1 session 2x per week
 Non-member: \$70.00 1 session 2x a week
FREE INTRO to TRX must sign up

Small Personalized Group Training
 Customize workout for 3 to 6 participants
 Group Personal Training Cost:
 \$95. Per participants for members
 \$175. For Non- members
 These 45minute sessions meet
 once a week for 8 weeks.
 Contact Cindy Agan for more information,
 568-8631 x323.

**Trx Classes will consist using the suspension training
 straps by applying repetitions or circuit with degrees of
 resistance and cardio interval.**

**NEW Functional Training Classes will use various
 equipment: battle ropes, kettlebells, jump box, trx, core
 bar and much more.**

All classes are 45 minutes except * = 30 minutes

***NEW Fit after 50 strength training specifically design
 for participants 50 and over with 2 half hour classes**

If available, TRX drop in for members \$5.00

FUNCTIONAL TRAINING ROOM OPEN TO ALL MEMBERS WHEN CLASS IS NOT IN SESSION

For ASSISTANCE, meet with a WELLNESS STAFF