



**EVERYDAY
LIVING
SKILLS**

**WESTFIELD YMCA
TRX & Functional Trg. CLASSES
June 17th – August 25th**

CLASS	DAY	TIME	INSTRUCTOR
TRX	Monday	7AM	Michelle Urbanski
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	Tony Casale
*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
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.

***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
All classes are 45 minutes except * = 30 minutes

FUNCTIONAL TRAINING ROOM OPEN TO ALL MEMBERS WHEN CLASS IS NOT IN SESSION
For ASSISTANCE, meet with a WELLNESS STAFF