



TRX®

THE PURSUIT OF BETTER

MAKE IT PERSONAL

ALL LEVELS, ALL CORE, ALL THE TIME

TRX SUSPENSION TRAINING

- Best-in-class workout system that leverages gravity
- Utilize your bodyweight to perform exercise
- You're in control of how much you want to challenge yourself on each exercise



TRX SUSPENSION TRAINING

TRX GROUP TRAINING

Participants will learn the basic set up and language of suspension training along with many different types of exercises and workouts.

SUMMER SESSION DATES: (*\$10 late fee after deadline)

June 3-28 (Reg. Deadline: May 29)

July 8 - Aug. 2 (Reg. Deadline: July 3)

August 5 - 30 (Reg. Deadline: July 31)

DAYS

Mon & Wed

TIMES

6:00 - 7:00 am

LOCATION

ICON Sports Center (2nd Floor)

TRAINER

Ashley

COST

\$120 (session) / \$20 (walk-in)

TRX CROSS TRAINING

Full-body class using a variety of methods and equipment to improve technique, mobility, strength, and endurance.

SUMMER SESSION DATES: (*\$10 late fee after deadline)

May 27 - June 28 (Reg. Deadline: May 22)

July 8 - Aug. 2 (Reg. Deadline: July 3)

August 5 - 30 (Reg. Deadline: July 31)

DAYS

Tues & Thurs

TIMES

9:30 - 10:15 am

LOCATION

Extreme Training Area

TRAINER

Erin

COST

\$96 (session) / \$18 (walk-in)

TRX INFERNO BOOT CAMP

4-WEEK BOOT CAMP

Boot camp for members/non-members looking to get in shape and challenge their core. Classes include creative combo workouts like you've never seen!

SUMMER SESSION DATES: (*\$10 late fee after deadline)

June 3 - 28

July 8 - Aug. 2

Aug. 5 - 30

(Reg. Deadline: May 29)

(Reg. Deadline: July 3)

(Reg. Deadline: July 31)

Days / Times

T & TH | 5:30-6:30am

Location

ICON

Trainer

Erin

Cost

\$120(session) / \$20(walk-in)

6-WEEK BOOT CAMP

Boot camp for members/non-members looking to get in shape and challenge their core. Classes include creative combo workouts like you've never seen!

SUMMER SESSION DATES: (*\$10 late fee after deadline)

June 3 - July 29

July 22 - Aug. 30

(Reg. Deadline: May 29)

(Reg. Deadline: July 3)

Day / Time

FRI | 9:00-10:00am

Location

ICON

Trainer

Ashley

Cost

\$113(session) / \$20(walk-in)

FITNESS PARTICIPATION POLICY:

As much as we would like to offer all of our "Group Training" classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room).

(Please note: Walk-in fee is higher as the member has not committed to the full session. ALL fees must be paid prior to attending class). **NO REFUNDS OR MAKE UPS.**

TRX SUSPENSION TRAINING REGISTRATION FORM - SUMMER 2019

Name: _____
Address: _____

Phone: _____
City/St/Zip: _____
Email: _____

I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Signature: _____ Date: _____ (Must sign before participating in program)

MARK THE SESSION & CLASS YOU WISH TO PARTICIPATE IN:

TRX GROUP TRAINING

___ June 3 - 28

___ July 8 - Aug. 2

___ Aug. 5 - 30

___ M & W | 6:00 - 7:00 am
(\$120 / session)

TRX CROSS TRAINING

___ May 27 - June 28

___ July 8 - Aug. 2

___ Aug. 5 - 30

___ T & TH | 9:30 - 10:15 am
(\$96 / session)

TRX INFERNO BOOT CAMP | 4 WEEKS

___ June 3 - 28

___ July 8 - Aug. 2

___ Aug. 5 - 30

___ T & TH | 5:30 - 6:30 am
(\$120 / session)

TRX INFERNO BOOT CAMP | 6 WEEKS

___ June 3 - July 29

___ July 22 - Aug. 30

___ FRI | 9:00 - 10:15 am
(\$113 / session)

For office use only: Ring up under "FITNESS PROGRAM". Fees listed above. | Add \$10 late fee after deadlines listed above.