

SPRING 4 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE  
SESSION 1: MARCH 4 - MARCH 30 (REG. DEADLINE: FEBRUARY 27)

SESSION 2: APRIL 1 - APRIL 27 (REG. DEADLINE: MARCH 27)

SESSION 3: APRIL 29 - MAY 25 (REG. DEADLINE: APRIL 24)

SPRING 6 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE  
SESSION 1: MARCH 4 - APRIL 12 (REG. DEADLINE: FEBRUARY 27)

SESSION 2: APRIL 15 - MAY 25 (REG. DEADLINE: APRIL 10)

QUESTIONS? CONTACT:

ZEB MILLER - ZMILLER@CHOICEHF.COM | 701.746.2750

REGISTER FOR TRX (\*OPEN TO MEMBERS AND NON-MEMBERS)

ADULT TRX PROGRAMMING | CONTACT INFO

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Alternate Phone # (work, mobile, etc.) (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

I hereby acknowledge my health or the health of my child, listed above, 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 by myself or my child while attending this program. I also understand that any medical bills incurred due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Participant / Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

MARK THE SESSION & CLASS IN WHICH YOU WISH TO PARTICIPATE:

4 Week Session

SESSION I: MAR. 4 - MAR. 30 \_\_\_\_\_ SESSION II: APRIL 1 - APRIL 27 \_\_\_\_\_ SESSION III: APRIL 29 - MAY 25 \_\_\_\_\_

6 Week Session

SESSION I: MAR. 4 - APRIL 12 \_\_\_\_\_ SESSION II: APRIL 15 - MAY 25 \_\_\_\_\_

TRX GROUP TRAINING

M & W | 6:00 - 7:00 am | \$120 (4wk session) \_\_\_\_\_

TRX YOGA FUSION

WED | 6:30-7:15 pm | \$48 (4wk session) \_\_\_\_\_

TRX INFERNO BOOT CAMP

T & T H | 5:30 - 6:30 am | \$225 (6wk session) \_\_\_\_\_

FRI | 9:00 - 10:00 am | \$113 (6wk session) \_\_\_\_\_

TRX CROSS TRAINING

T & T H | 9:30 - 10:15 pm | \$96 (4 week session) \_\_\_\_\_

TRX RIP TEE'S GOLF

TUES | 6:30 - 7:15 pm | \$48 (4week session) \_\_\_\_\_

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



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

RIP TRAINER

- Perform properly, enhance fluidity and range of motion, and decrease the risk of injury
- Used for high speed striking movements or slow speed strength & stability exercises
- The perfect training tool for elite level athletes, fitness enthusiasts, and first time exercisers





# THE PURSUIT OF BETTER

## MAKE IT PERSONAL

### SPRING 4 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE

SESSION 1: MARCH 4 - MARCH 30 (REG. DEADLINE: FEBRUARY 27)

SESSION 2: APRIL 1 - APRIL 27 (REG. DEADLINE: MARCH 27)

SESSION 3: APRIL 29 - MAY 25 (REG. DEADLINE: APRIL 24)

### SPRING 6 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE

SESSION 1: MARCH 4 - APRIL 12 (REG. DEADLINE: FEBRUARY 27)

SESSION 2: APRIL 15 - MAY 25 (REG. DEADLINE: APRIL 10)

## TRX GROUP TRAINING (18+ YRS)

Great class for TRX beginners! Learn how to perform functional movement with TRX Suspension Trainer From Master Trainer Zeb Miller.

DAY	TIME	COST
Mon & Wed	6:00 am - 7:00 am	\$120 (4 Week Session) / \$20 (walk-in)

## TRX INFERNO BOOT CAMP (18+ YRS)

Boot camp for members/non-members looking to get in shape and challenge their core. Classes include creative combination workouts like you've never seen! Participants will use a variety of equipment including the TRX Suspension Trainer/TRX Rip Trainer, Bosu, Kettlebells, Ropes, Medicine Balls, and more to train the entire body. Those who enlist must commit to the 6-week TRX Inferno Boot Camp consisting of 1-hour sessions of intense training. Each week the workout is custom-designed to help anyone attain a leaner, stronger, and faster body. Get ready to fight through the burn and see results!

DAY	TIME	COST
Tues & Thurs	5:30 am - 6:30 am	\$225 (6 Week Session) / \$20 (walk-in)
Friday	9:00 am - 10:00 am	\$113 (6 Week Session) / \$20 (walk-in)

## TRX YOGA FUSION (18+ YRS)

Mind-Body enlightenment mobility approach that focuses on maximizing each training session by enhancing mobility and movement quality. Led by Master Trainer Zeb Miller.

DAY	TIME	COST
Wed	6:30 pm - 7:15 pm	\$48 (4 Week Session/\$18 walk-in)

## TRX RIP TEE'S GOLF (14+ YRS)

Improving movement and athleticism by teaching golfers to develop speed, power, and coordination to safely develop and enhance performance on the course. Led by Master Trainer Zeb Miller.

DAY	TIME	COST
Tuesday	6:30 pm - 7:15 pm	\$48 (4 Week Session/ \$18 walk-in)

## TRX CROSS TRAINING (18+ YRS)

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

DAY	TIME	COST
Tue & Thurs	9:30 am - 10:15 am	\$96(4 Week Session/ \$18 walk-in)

## TRX SMALL GROUP TRAINING (12+ YRS)

Full-body workout that blends movement through the TRX Suspension Trainer. Fun combination of functional training for everyone that is looking for quick impactful workout. Class is appropriately designed for the pursuit of your better self.

Contact to get started: [zmiller@choicehf.com](mailto:zmiller@choicehf.com)

REACH YOUR BEST WITH

