



# TRX TEAM Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	5:10am		TRX TEAM Season II Advanced		TRX TEAM Season II Advanced	
	9:00am	TRX TEAM Season II Advanced		TRX TEAM Season II Advanced		
	12:15pm		TRX TEAM Season I Advanced		TRX TEAM Season I Advanced	
	5:30pm	TRX TEAM Season II Advanced		TRX TEAM Season II Advanced		
	6:30pm	GIS TRX TEAM Season I		GIS TRX TEAM Season I		

## TRX TEAM Season I

TRX CAMPS are the most functional way to train! Guaranteed to be unlike anything else you have ever tried. We will take you through a progressive full body workout using the TRX suspension system in a progressive 6 week course that is perfect for any goal and any fitness level.

Session 1- January 9<sup>th</sup>-February 17<sup>th</sup>

Session 2- February 20<sup>th</sup>-March 30<sup>th</sup>

## TRX TEAM Season II is HERE!!!

The Yakima Athletic Club and YAC Fitness are excited to announce that our new TRX TEAM Season 2 Training Camp will launch this January!!! Our new program is designed to keep things fresh and exciting for our members with creative and innovative exercises. This functional full body TRX TEAM program is guaranteed to work “all core all the time”.

Session 1- January 9<sup>th</sup>-February 17<sup>th</sup>

Session 2- February 20<sup>th</sup>-March 30<sup>th</sup>

## Get in Shape TRX TEAM Season I and II

This is a special 9 week TRX TEAM Session that we offer specially for our Get in Shape Participants. It will include both Season I and Season II formats. The goal is to progress each week through the entire Get In Shape Competition and to finish at your very best!

GIS Session- January 30<sup>th</sup>-March 30<sup>th</sup>