



TRX TEAM Schedule

Winter 2012	Time	Monday	Tuesday	Wednesday	Thursday
	5:00am		TRX TEAM Season II		TRX TEAM Season II
6:15pm		GIS TRX TEAM Season I		GIS TRX TEAM Season 1	

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 9th-February 17th

Session 2- February 20th-March 30th

Get in Shape TRX TEAM Season I

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 30th-March 30th