



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY


HELPING YOU LIVE BETTER TRX TRAINING

GARDEN CITY FAMILY YMCA

"Make your body your machine!" That's what suspension training can do for you. It will challenge your WHOLE body by making your core support you through the entire workout. This class is sure to challenge not only your strength and endurance but also your balance and agility.



Fee: Dome Members \$20/month
 YMCA Members \$30/month
 Program Participants \$40/month

Ask about our Helping Hands Scholarship Program! 

Time: 6 AM - 6:45 AM (Dome)

Days: Monday, Wednesday, & Friday

Instructor: Steven Lynch, B.S. Human & Health Performance, Sport & Recreation Management, NETA Certified Personal Trainer & Prenatal & Postpartum Exercise.

Questions: Stacy Castoe, Dome & Healthy Initiatives Director
 (P)620.275.1199 ext.101
 (E)scastoe@ymcaswkansas.org

JOIN TODAY!
*Upgrade to a membership today as a participant
 NO CHARGE!
 Save over \$100!*

*Already a member?
 Recruit a friend & pay much less.
 Get details at signup.*

TRX Registration				
	<u>Session:</u>	March	April	May
Name:	_____		D.O.B.:	_____
Address:	_____		City:	_____ State: _____ Zip: _____
Home Phone:	_____		Cell Phone:	_____
E-Mail	_____			