




FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER TRX TRAINING

"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
 Non-Members \$40/month

Ask about our Helping Hands Scholarship Program! 

Time: 4:45 - 5:30 PM
 Tuesday & Thursday (**Dome**)

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

Questions: Amy Calderon, Healthy Initiatives Coordinator
 (P)620.275.1199 ext. 205
 (E)acalderon@ymcaswkansas.org

JOIN TODAY!

Upgrade to a membership today as a participant

NO CHARGE!

Save over \$100!

Already a member?

Recruit a friend & receive the monthly prize.

Get details at signup.

TRX Registration				
Session: PM				
September	October	November	December	
Name: _____		Address: _____		
City: _____		State: _____	Zip: _____	DOB: _____
Home Phone: _____		Cell Phone: _____		
E-Mail: _____				