

TRX Suspension Training®

Andover/North Andover Y Class Schedule
Winter Session: 1/2/12 – 2/25/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:40a TRX® Robyn		6:00-6:40a TRX® Lori		8:20-9:10a TRX® Lori
		10:10-10:50a TRX® Nicole		10:10-10:50a TRX® Cathy		
			12:15-1:00p TRX® Robyn			
	5:30-6:10p TRX® Jeff		6:00-6:30p TRX® Express Roni/Nancy		6:00-6:40p TRX® Tracey/Maura	



TRX Suspension Training® classes are fee-based classes.

You have 2 options to sign up:

Purchase a TRX® pass and take unlimited classes over a 8-week session

OR

Register per class (same class each week)

Unlimited Pass Fees: Family/General Members: \$75 Community: \$125

Per Class Fees: Family/General Members: \$48 Community: \$78

*For questions please contact Nicole Bennett, Group Exercise Coordinator at
nbennett@mvyymca.org*