

TRX & Rowing Schedule

Classes are 30-minutes long.

- Participants purchase a punch card at the welcome center for \$25 (4 classes).
- Participants may attend any class they would like. Classes have a maximum of 4 people.
- Participants must get a class pass from the welcome center to guarantee a spot in the class.
- Your trainer will punch your card upon completion of a class.

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 9:30-10:00 Chelsea	Row & Lift 9:00-9:30 Alcides	Rowing & Core 8:30-9:00 Mark	Row & Lift 9:00-9:30 Alcides	TRX 9:30-10:00 Chelsea
		Rowing 6:00-6:30 Chelsea	TRX 4:30-5:00 Rose	

City of Austin/YMCA North Austin
 Recreation Center
 1000 W. Rundberg Lane 78758
www.austinyymca.org



TRX & Rowing Class Descriptions

TRX- The TRX System, also known as Total Resistance eXercise, refers to a specialized form of suspension training that utilizes body-weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Row & Lift- This class is for intermediate level exercisers with previous strength training experience. You will use the rowing machines for cardio and alternate with strength building exercises.

Rowing- A half-hour of conditioning and cardiovascular work on the rowing machines.

Rowing and Core- Rowing and Core is a beginner class for anyone who likes a good 30-minute workout. The class consists of a combination of different rowing styles and core exercises.