



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TRX® Small Group Training

BILLINGS FAMILY YMCA

TRX® Suspension Training is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. Participants will experience an intense complete body workout in a small group setting with individualized instruction from our certified trainers. Classes will be held in the Health Studio.

AGE: 12+

COST: 8 sessions

- Members: \$99 for 8 sessions
- Non-members: \$240
- Members: \$55 for 4 sessions
- Non-members: \$105

DATES / TIMES:

- Tuesdays & Thursdays
- 11am – 11:50am

SESSIONS:

- Sept. 1-29
- Oct. 4-27
- Nov. 1-29
- Dec. 1-29

[Register online today!](#)

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