

MANLIUS YMCA

Small Group Training Schedule

December 31 – March 31

Monday	Class	Instructor	Level
9-10am	TRX	Christine R.	Beginner-Advanced

Tuesday	Class	Instructor	Level
9-10am	Boot Camp	Christine R.	Beginner-Advanced
10-11am	TRX	Christine R.	Beginner-Advanced
6-7pm	Boot camp	Christine R.	Beginner-Advanced

Thursday	Class	Instructor	Level
9-10am	Boot Camp	Christine R.	Beginner-Advanced
10-11am	TRX	Christine R.	Beginner-Advanced

Saturday	Class	Instructor	Level
8:30-9:30am	Boot Camp	Christine R./NJ B.	Beginner-Advanced

TRX Suspension Training

A full body workout using body-weight exercises delivered through suspension training equipment from TRX. This training offers the ability to utilize the core through functional movements. It is a perfect mix of cardiovascular conditioning and strength training all in ONE class. Ages 14+

Boot Camp

Limited class sizes leads to maximum results. The boot camp style format utilizes all of the equipment the facility has to offer, including the TRX Suspension Training, medicine balls, kettle-bells, battle ropes, tires, weights, and "the octagon" functional training system. All Levels welcome! Ages 14+

TRX and Boot Camp pricing:

Members \$12 (1hr)

Nationwide/Non-Members \$24 (1hr.) & \$16 (30 min) per class.

\$95 monthly unlimited classes available!