



☀️ Summer is here, and we can't wait to see you in studio!

Please check the schedule for temporary changes to your favorite classes. Adjustments have been made based on instructor availability and facility needs to support community programs over summer.

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📅 Summer schedule runs 6/9-8/15.

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Thank you for your flexibility and continued support!

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

## SUMMER 2025 FUNCTIONAL FITNESS CENTER CLASS SCHEDULE

### CARLISLE FAMILY YMCA

\*\*\*MEMBERS MUST BE AT LEAST 13 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9am -9:55am TRX Suspension Training (Michelle)				
10-10:55am TRX BOOTCAMP (Alexa)						

**CARLISLE FAMILY YMCA**

311 S. West St., Carlisle PA 17013

P 717 243 2525 ext 230 E jcatron@carlislefamilyymca.org W carlislefamilyymca.org



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## CARLISLE FAMILY YMCA CLASS DESCRIPTION

### Functional Fitness Center Classes

**TRX** -TRX which stands for **Total Body Resistance Exercise**, is revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

-This training is an intense, innovative functional training to enhance strength, balance, flexibility, and core stability simultaneously. It uses the TRX Suspension trainer which merges gravity and the client's body weight to complete the exercises.

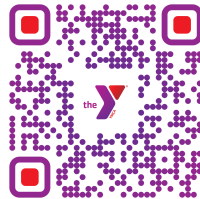
- TRX delivers a fast, effective total body workout
- TRX builds a rock-solid core
- TRX increases muscular endurance
- TRX benefits people of all ages and fitness levels
- TRX utilizes client's own body weight to provide greater performance and functionality

**Bootcamp** – your instructor will lead you through an energetic full body workout utilizing HIIT training concepts with a focus on strength and cardio.

**TRX Bootcamp** - This class utilizes the TRX training plans with concepts of bootcamp training.

**TRX + Kettlebell** - This class utilizes the TRX training plans combined with Kettlebell work to maximize the strength training experience.

**INTRO to TRX** – This class is dedicated to participants who are newer to TRX or need refreshed on basic Position, Execution, and how to use the TRX straps.



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