

# TRX & Contact Kick

FALL 2016

@ 538 S Main St, Cambridge



## **\$50/Month for** **Unlimited** **TRX &** **Contact Kick** **Classes**

**For information, contact:**  
763-237-3245

[info@totalwellnesscoachingmn.com](mailto:info@totalwellnesscoachingmn.com)

### **Drop-in Students**

The Drop-in Option allows you the ability to pay per class.  
\$10.00 per class.

**Free use of lockers and showers when attending class.**

**NO Other Discounts Apply**

**\*MUST be on AUTO PAYMENT plan.**

Cancellations due to Extreme Weather Conditions will be posted on the website, facebook page, and via email to students.

# Sep—Nov 2016

[www.totalwellnesscoachingmn.com](http://www.totalwellnesscoachingmn.com)

763 237 3245

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Time	Class	Instructor
<u>Monday</u>		
8:00—9:00AM	TRX Circuit	Sheila
6:30—7:30PM	TRX Circuit	Tina
<u>Tuesday</u>		
6:30—7:30PM	Contact Kickboxing	Sheila
<u>Wednesday</u>		
5:30—6:30AM	TRX Circuit	Tina
5:15—6:15PM	TRX Circuit	Sheila
<u>Saturday</u>		
7:00—7:45AM	TRX / Contact Kick Mix	Rotation
	(Sat Class Commences October 1st)	

**BRING your OWN MAT,  
Water Bottle, & Supportive, Clean Tennis Shoes.  
For Contact Kick—bring your gloves, if you have them.**

### **SCHEDULE subject to CHANGE**

**TRX Circuit** is a class that is centered around the TRX Suspension Training System. TRX is a fun, challenging bodyweight workout that builds strength, balance, and endurance. A great benefit—you work your CORE the whole class! In addition to the TRX, you may also incorporate the TRX RIP Trainer, Dumbbells, BOSU balls, medicine balls, and more.

**Contact kickboxing** is a fun and amazing partner workout that focuses on cardio, strength, and core. Using gloves and pads, you will punch, kick, hook, and uppercut, all while the instructor teaches you the proper techniques. The high intensity intervals of Contact Kickboxing keep you burning fat and calories the whole time.

**TRX / Kick Mix** may be a TRX Circuit, Contact Kickboxing, or a mixture of both, creating fun variety!

Please “LIKE” TWC on facebook so you can be the first one to know about fun upcoming events and TWC specials!