

July 2019 TRX Workouts *\$7 per 1hr Session

*** Total Body Suspension Exercises**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Pay and Sign	Up at the	Front Desk			
	1 6:00a Devin 9:30a Chastity 1:00 SHS Vball 4:30p Lori	2 6:30 p Carl	3 5:00a Jennipher 9:00 Veronica 1:00 SHS Vball	4 9:30a FREE TRX Session 1st ten welcome!	5 9:30a Tina	6
7	8 6:00a Devin 9:30a Chastity 1:00 SHS Vball 4:30p Lori	9 6:30 p Carl	10 5:00a Jennipher 9:00 Veronica 1:00 SHS Vball	11 9:30a Chasity 11:00 Tina	12 9:30a Tina 1:00 SHS vball	13
14	15 6:00a Devin 9:30a Chastity 4:30p Lori	16 6:30 p Carl	17 5:00a Jennipher 9:00 Veronica	18 9:30a Chasity 11:00 Tina	19 9:30a Tina	20
21	22 6:00a Devin 9:30a Chastity 1:00 SHS Vball	23 6:30 p Carl	24 5:00a Jennipher 9:00 Veronica 1:00 SHS vball	25 9:30a Chasity 11:00 Tina	26 9:30a Tina 1:00 SHS vball	27
28	29 6:00a Devin 9:30a Chastity 4:30p Lori	30 6:30 p Carl	31 5:00a Jennipher 9:00 Veronica			



May 2019 Life in Motion

TRX WORKOUTS

*Sign up at the Front Desk

*\$7 per 1 hr sessions

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 9a Veronica	2 12p Chastity	3 9:30a Tina	4
5	6 4:30p Lori	7 12p Chastity 6p Carl	8 9a Veronica	9 12p Chastity	10 9:30a Tina	11
12	13 4:30p Lori	14 12p Chastity 6p Carl	15 9a Veronica	16 12p Chastity	17 9:30a Tina	18
19	20 4:30p Lori 3:45 SHS V-ball	21 12p Chastity 6p Carl	22 9a Veronica 3:45 SHS V-ball	23 12p Chastity	24 9:30a Tina	25
26	27 MEMORIAL DAY	28 12p Chastity 6p Carl	29 9a Veronica	30 12p Chastity	31 9:30a Tina	

June TRX Workouts

Total body suspension workouts in a small group setting.

\$7 per 1hr/members

\$17 per 1hr/nonmembers

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
	SIGN UPS	AT THE	FRONT	DESK		
2	3 5:00a Devin 9:30a Chastity 4:30p Lori	4 6:30 p Carl	5 5:00a Jennipher 9:00 Veronica	6 9:30a Chasity 11:00 Tina	7 9:30a Tina	8
9	10 5:00a Devin 9:30a Chastity 1:00 SHS Vball 4:30 Lori	11 6:30 p Carl	12 5:00a Jennipher 9:00 Veronica 1:00 SHS Vball	13 9:30a Chasity 11:00 Tina	14 9:30a Tina	15
16	17 5:00a Devin 9:30a Chastity 1:00 SHS Vball 4:30 Lori	18 6:30 p Carl	19 5:00a Jennipher 9:00 Veronica 1:00 SHS Vball	20 9:30a Chasity 11:00 Tina	21 9:30a Tina 1:00 SHS Vball	22
23	24 5:00a Devin 9:30a Chastity 1:00 SHS Vball 4:30 Lori	25 6:30p Carl	26 5:00a Jennipher 9:00 Veronica 1:00 SHS VBall	27 9:30a Chasity 11:00 Tina	28 9:30a Tina 1:00 SHS Vball	29
30						