

# February 2012

## TRX Suspension Training & Kettlebell Class Descriptions

### New to TRX and/or Kettlebells?

- Start with a **FREE** Introductory class to learn the basics!

### **Class Descriptions**

#### **TRX & KB**

- **Introductory:** 15-minute class where you can come learn the basics for FREE!
- **Level 1:** Reinforce the basics and teach you a few more skills for a great full body anaerobic workout!
- **Level 2:** You have the skills and know the exercises, we will increase the intensity for even greater results!
- **Level 1-2:** Accommodate both Level 1 & 2 participants. Great workout!

**Cardio TRX:** 30-min class. Add intensity to your favourite TRX strength moves and increase your heart rate! Burn more calories and increase your aerobic and anaerobic capacity. You will see faster results!

**Bootcamp:** **1-Hr TRX & KB Combo**  
ALL FITNESS LEVELS WELCOME! Must have completed 2 Introductory classes in each of TRX & Kettlebell. Higher intensity training with basic TRX & Kettlebell moves.

**TABATA-** Enjoy the burn with a different twist and swing! Increase your metabolism with Only Women's Fitness Famous interval session!

### **CLASS FEES:**

#### **30-Minute Class (includes Cardio & TRX class):**

Drop-in                                 \$12/class  
10-Class Punch Pass                \$100 (**only \$10/class**)

#### **Bootcamps:**

60 Minute                               \$15 per class