

# Fitness

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.



## TRX SUSPENSION TRAINING SMALL GROUP PERSONAL TRAINING



TRX Suspension Training® improves total body strength, cardio endurance and flexibility in a fast effective workout.

Suspension Training allow users to self-adjust the amount of resistance they want, making it suitable for people of all fitness levels by making small changes in foot, hand or body position. This capability empowers participants to continue with training, even when fatigue sets in. Versatility makes the TRX Suspension Trainer attractive to so many users and fitness enthusiasts at all levels.

One-on-One Personal Training Sessions Available!

*This is Small Group Personal Training. You are signing up for a specific time, instructor, and day of the week. No make up for missed classes.*

### FREE Demo Days: (All demos need to be pre-registered)

- |        |                           |        |                            |
|--------|---------------------------|--------|----------------------------|
| #11578 | Tues., Jan. 10, 11 a.m.   | #11581 | Thurs., Jan. 12, 6:45 p.m. |
| #11579 | Tues., Jan. 10, 6:45 p.m. | #11582 | Fri., Jan. 13, 11 a.m.     |
| #11580 | Wed., Jan. 11, 5 p.m.     | #11583 | Sat., Jan. 14, 9 a.m.      |

### Winter Session 2: (6 weeks)

- |        |                                   |        |                                    |
|--------|-----------------------------------|--------|------------------------------------|
| #11590 | Tues., Feb. 28–April 3, 11 a.m.   | #11593 | Thurs., March 1–April 5, 6:45 p.m. |
| #11591 | Tues., Feb. 28–April 3, 6:45 p.m. | #11594 | Fri., March 2–April 6, 11 a.m.     |
| #11592 | Wed., Feb. 29–April 4, 5 p.m.     | #11595 | Sat., March 3–April 7, 9 a.m.      |

### FREE Demo Days: (All demos need to be pre-registered)

- |        |                            |        |                             |
|--------|----------------------------|--------|-----------------------------|
| #11596 | Tues., April 10, 11 a.m.   | #11599 | Thurs., April 12, 6:45 p.m. |
| #11597 | Tues., April 10, 6:45 p.m. | #11600 | Fri., April 13, 11 a.m.     |
| #11598 | Wed., April 11, 5 p.m.     | #11601 | Sat., April 14, 9 a.m.      |

### Spring Session 1: (6 weeks)

- |        |                                   |        |                                    |
|--------|-----------------------------------|--------|------------------------------------|
| #11602 | Tues., April 17 –May 22, 11 a.m.  | #11605 | Thurs., April 19–May 24, 6:45 p.m. |
| #11603 | Tues., April 17–May 22, 6:45 p.m. | #11606 | Fri., April 20–May 25, 11 a.m.     |
| #11604 | Wed., April 18–May 23, 5 p.m.     | #11607 | Sat., April 21–May 26, 9 a.m.      |

#### Aerobic Studio

**Fee: \$40M/\$50 NM per session; \$70M/\$90 NM (2 classes a week per session)**

For more information, contact Jeff Book at  
[jbook@hempfieldrec.com](mailto:jbook@hempfieldrec.com).