



# TRX

4-WEEK PROGRAM  
March 8th - April 4th

## Cost

Member - \$179.00

Non-Member - \$199.00

Videos only - \$79.00

\*Includes 6 months access to all virtual classes and Western On Demand

## Program Details

TRX targeted muscle group focused classes taught LIVE on Zoom. We offer Zoom classes Monday - Thursday at 6:00am and 6:00pm as well as Saturdays at 9:00am. Classes are 30 minutes each.

32 live classes to choose from & 4 TRX HIIT + Full Body Strength videos for homework.

All 6:00am classes will be recorded in case you can't make it live. You will have access to these videos as well as your HIIT + Strength videos for the next 6 months!

MONDAY, March 8th	TUESDAY, March 9th	WEDNESDAY, March 10th	THURSDAY, March 11th	FRIDAY, March 12th	SATURDAY, March 13th	SUNDAY, March 14th
<b>Chest and Shoulders</b> Katie - 6:00am Kari - 6:00pm	<b>Lower Body</b> Kari - 6:00am Katie - 6:00pm	<b>Biceps and Triceps</b> Kari - 6:00am Katie - 6:00pm	<b>Posterior: back, glutes, hammies</b> Katie - 6:00am Kari - 6:00pm	<b>Rest Day or Homework Day</b>	<b>Lower Body and Core</b> Kari - 9:00am	<b>Rest Day or Homework Day</b>
MONDAY, March 15th	TUESDAY, March 16th	WEDNESDAY, March 17th	THURSDAY, March 18th	FRIDAY, March 19th	SATURDAY, March 20th	SUNDAY, March 21st
<b>Chest and Shoulders</b> Katie - 6:00am Kari - 6:00pm	<b>Lower Body</b> Kari - 6:00am Kari - 6:00pm	<b>Biceps and Triceps</b> Kari - 6:00am Kari - 6:00pm	<b>Posterior: back, glutes, hammies</b> Kari - 6:00am Kari - 6:00pm	<b>Rest Day or Homework Day</b>	<b>Lower Body and Core</b> Katie - 9:00am	<b>Rest Day or Homework Day</b>
MONDAY, March 22nd	TUESDAY, March 23rd	WEDNESDAY, March 24th	THURSDAY, March 25th	FRIDAY, March 26th	SATURDAY, March 27th	SUNDAY, March 28th
<b>Chest and Shoulders</b> Katie - 6:00am Kari - 6:00pm	<b>Lower Body</b> do video from class week 1 or 2	<b>Biceps and Triceps</b> Kari - 6:00am Katie - 6:00pm	<b>Posterior: back, glutes, hammies</b> do video from class week 1 or 2	<b>Rest Day or Homework Day</b>	<b>Lower Body and Core</b> Kari - 9:00am	<b>Rest Day or Homework Day</b>
MONDAY, March 29th	TUESDAY, March 30th	WEDNESDAY, March 31st	THURSDAY, April 1st	FRIDAY, April 2nd	SATURDAY, April 3rd	SUNDAY, April 4th
<b>Chest and Shoulders</b> do video from class week 1, 2, or 3	<b>Lower Body</b> Kari - 6:00am Katie - 6:00pm	<b>Biceps and Triceps</b> do video from class week 1, 2, or 3	<b>Posterior: back, glutes, hammies</b> Katie - 6:00am Kari - 6:00pm	<b>Rest Day or Homework Day</b>	<b>Lower Body and Core</b> Katie - 9:00am	<b>Rest Day or Homework Day</b>