



Suspension TRAINING

January - May 2019



Register for these classes at the Chilson Center front desk or online at cityofloveland.org/webtrac
Class times are subject to change.

All levels, all goals - anyone can use the TRX system! **Ages 16+**

- Get toned and lose weight
- Achieve a total body cardio and strength training workout in under an hour
- Increase flexibility and endurance
- Improve balance and coordination

All classes are 4 sessions for \$25 unless otherwise noted - register at the Chilson front desk for these classes.

JANUARY				
M	1/7-1/28	9:15-9:55A	#116117-1	Amy
M	1/7-1/28 HIIT/ADV*	5:30-6:10P	#116117-2	Candace
T	1/8-1/29	7:00-7:40A	#116117-3	Andrea
T	1/8-1/29	5:45-6:25P	#116117-4	Lisa F.
W	1/9-1/30 ADV*	12:00-12:45P	#116117-5	Sherri
Th	1/10-1/31	9:10-9:50A	#116117-6	Sarah
Th	1/10-1/31 HIIT/ADV*	5:30-6:10P	#116117-9	Lisa F.
F	1/11-2/1	8:30-9:10A	#116117-7	Amy
FEBRUARY				
M	2/4-2/25	9:15-9:55A	#116217-1	Amy
M	2/4-2/25 HIIT/ADV*	5:30-6:10P	#116217-2	Candace
T	2/5-2/26	7:00-7:40A	#116217-3	Andrea
T	2/5-2/26	5:45-6:25P	#116217-4	Lisa F.
W	2/6-2/27	12:00-12:45P	#116217-5	Sherri
Th	2/7-2/28	9:10-9:50A	#116217-6	Sarah
Th	2/7-2/28 HIIT/ADV*	5:30-6:10P	#116217-9	Lisa F.
F	2/8-3/1	8:30-9:10A	#116217-7	Amy
MARCH ◇				
M	3/4-3/25	9:15-9:55A	#116317-1	Amy
M	3/4-3/25 HIIT/ADV*	5:30-6:10P	#116317-2	Candace
T	3/5-3/26	7:00-7:40A	#116317-3	Andrea
T	3/5-3/26	5:45-6:25P	#116317-4	Lisa F.
W	3/6-3/27	12:00-12:45P	#116317-5	Sherri
Th	3/7-3/28	9:10-9:50A	#116317-6	Sarah
Th	3/7-3/28 HIIT/ADV*	5:30-6:10P	#116317-9	Lisa F.
F	3/8-3/29	8:30-9:10A	#116317-7	Amy

◇ No classes 3/18, 3/19, 3/20, 3/21, 3/22 3 classes: \$19

APRIL				
M	4/1-4/22	9:15-9:55A	#216117-1	Amy
M	4/1-4/22 HIIT/ADV*	5:30-6:10P	#216117-2	Candace
T	4/2-4/23	7:00-7:40A	#216117-3	Andrea
T	4/2-4/23	5:45-6:25P	#216117-4	Lisa F.
W	4/3-4/24	12:00-12:45P	#216117-5	Sherri
Th	4/4-4/25	9:10-9:50A	#216117-6	Sarah
Th	4/4-4/25 HIIT/ADV*	5:30-6:10P	#216117-9	Lisa F.
F	4/5-4/26	8:30-9:10A	#216117-7	Amy
MAY				
M	4/29-5/20	9:15-9:55A	#216217-1	Amy
M	4/29-5/20 HIIT/ADV*	5:30-6:10P	#216217-2	Candace
T	4/30-5/21	7:00-7:40A	#216217-3	Andrea
T	4/30-5/21	5:45-6:25P	#216217-4	Lisa F.
W	5/1-5/22	12:00-12:45P	#216217-5	Sherri
Th	5/2-5/23	9:10-9:50A	#216217-6	Sarah
Th	5/2-5/23 HIIT/ADV*	5:30-6:10P	#216217-9	Lisa F.
F	5/3-5/24	8:30-9:10A	#216217-7	Amy

TRX for SENIORS				
M	1/7-1/28	10:30-11:10A	#116117-8	Lisa F.
W	1/9-1/30	10:00-10:40A	#116117-10	Lisa F.
M	2/4-2/25	10:30-11:10A	#116217-8	Lisa F.
W	2/6-2/27	10:00-10:40A	#116217-10	Lisa F.
M	3/4-3/25	10:30-11:10A	#116317-8	Lisa F.
W	3/6-3/27	10:00-10:40A	#116317-10	Lisa F.
M	4/1-4/22	10:30-11:10A	#216117-8	Lisa F.
W	4/3-4/24	10:00-10:40A	#216117-10	Lisa F.
M	4/29-5/20	10:30-11:10A	#216217-8	Lisa F.
W	5/1-5/22	10:00-10:40A	#216217-10	Lisa F.

*HIIT = High Intensity Interval Training *ADV = Advanced



700 E. Fourth St. • 970.962.2FUN • cityofloveland.org/chilson

Questions? Call 970.962.2FUN

workhard...feelgood!