

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 \$30 unless otherwise noted - register at the Chilson front desk for these classes.

SEPTEMBER				
M	9/9-9/23	9:15-9:55A	#416117-01	Amy
M	9/9-9/23	5:30-6:10P	#416117-02	Candace
T	9/3-9/24	7:00-7:40A	#416117-03	Katie
T	9/3-9/24	5:45-6:25P	#416117-04	Lisa F.
W	9/4-9/25	12:00-12:45P	#416117-05	Sherri
Th	9/5-9/26	9:10-9:50A	#416117-06	Sarah
Th	9/5-9/26 HIIT/ADV*	5:30-6:10P	#416117-09	Lisa F.
F	9/6-9/27	8:30-9:10A	#416117-07	Amy
OCTOBER				
M	9/30-10/21	9:15-9:55A	#416217-01	Amy
M	9/30-10/21	5:30-6:10P	#416217-02	Candace
T	10/1-10/22	7:00-7:40A	#416217-03	Katie
T	10/1-10/22	5:45-6:25P	#416217-04	Lisa F.
W	10/2-10/23	12:00-12:45P	#416217-05	Sherri
Th	10/3-10/24	9:10-9:50A	#416217-06	Sarah
Th	10/3-10/24 HIIT/ADV*	5:30-6:10P	#416217-09	Lisa F.
F	10/4-10/25	8:30-9:10A	#416217-07	Amy

NOVEMBER				
M	10/28-11/18	9:15-9:55A	#416317-01	Amy
M	10/28-11/18	5:30-6:10P	#416317-02	Candace
T	10/29-11/19	7:00-7:40A	#416317-03	Katie
T	10/29-11/19	5:45-6:25P	#416317-04	Lisa F.
W	10/30-11/20	12:00-12:45P	#416317-05	Sherri
Th	10/31-11/21	9:10-9:50A	#416317-06	Sarah
Th	10/31-11/21 HIIT/ADV*	5:30-6:10P	#416317-09	Lisa F.
F	11/1-11/22	8:30-9:10A	#416317-07	Amy

DECEMBER				
M	12/2-12/16	9:15-9:55A	#416417-01	Amy
M	12/2-12/16	5:30-6:10P	#416417-02	Candace
T	12/3-12/17	7:00-7:40A	#416417-03	Katie
T	12/3-12/17	5:45-6:25P	#416417-04	Lisa F.
W	12/4-12/18	12:00-12:45P	#416417-05	Sherri
Th	12/5-12/19	9:10-9:50A	#416417-06	Sarah
Th	12/5-12/19 HIIT/ADV*	5:30-6:10P	#416417-09	Lisa F.
F	12/6-12/20	8:30-9:10A	#416417-07	Amy



TRX for SENIORS				
M	9/9-9/23	10:30-11:10A	#416117-08	Lisa F.
W	9/4-9/25	10:00-10:40A	#416117-10	Lisa F.
M	9/30-10/21	10:30-11:10A	#416217-08	Lisa F.
W	10/2-10/23	10:00-10:40A	#416217-10	Lisa F.
M	10/28-11/18	10:30-11:10A	#416317-08	Lisa F.
W	10/30-11/20	10:00-10:40A	#416317-10	Lisa F.
M	12/2-12/16	10:30-11:10A	#416417-08	Lisa F.
W	12/4-12/18	10:00-10:40A	#416417-10	Lisa F.

◇ 3 classes: \$23

*HIIT = High Intensity Interval Training *ADV = Advanced

workhard...feelgood!