



Summer Sessions

Session I May 17 - June 18

Session II June 21 - July 23

Session III July 26 - August 27

The TRX Suspension Training System is storming the nation and is the latest in group training! Born in the US Navy Seal Teams, the TRX is the original Suspension Trainer. This complete bodyweight training system delivers optimal results for people of all ages and fitness levels. With its unique Vector Resistance technology, the TRX uses your body weight and gravity as the resistance to build muscular stamina and strength! Control precisely how difficult each exercise is simply by shifting your weight. Keep it basic or challenge your limits to perform better in sport and in life! Challenge your body, mind, and spirit as you hang, stabilize, and sweat your way to a new you! By training twice per week we guarantee that you will feel better, slim down, and become a stronger you!

30 minute TRX classes ~\$10 each class.
Purchase group for 5 classes, \$45.
Classes for ages 18+
except Teen TRX on Saturday.

Mon.	8:30 a.m. 11:30 a.m. 5:00 p.m. 5:30 p.m. 6:00 p.m.	Seth Bert Jen Jen	AM TRX TRX Lunch Full Body TRX Golf TRX Golf
Tues.	7:45 a.m. 11:00 a.m. 11:30 a.m. 5:00 p.m.	Seth Bert Bert Kyle	AM TRX Tennis TRX TRX Lunch Full Body
Wed.	7:00 a.m. 11:30 a.m. 5:00 p.m. 5:30 p.m. 6:00 p.m.	Seth Bert Jen Jen	AM TRX TRX Lunch TRX TRX Golf TRX Golf
Thurs.	9:30 a.m. 11:00 a.m. 11:30 a.m. 5:00 p.m.	Seth Bert Bert Steve	AM TRX Tennis TRX TRX Lunch Full Body
Fri.	7:00 a.m. 11:30 a.m. 5:00 p.m.	Seth Bert Kyle	AM TRX TRX Lunch Full Body
Sat.	7:30 a.m. 10:30 a.m. 1:00 p.m.	Staff Staff Staff	TRX Group Full Body Teen TRX



600 N. Barker Rd., 262-786-3330
EliteClubs.com

EARLY MORNING TRX w/ Seth Eckl

Only got a half a hour for a morning routine? Add TRX to your morning routine for a fast effective TRX suspension workout that combines resistance training and cardio.

LUNCHTIME TRX w/ Bert Parker

Take a healthy, Elite TRX lunch break. This effective workout uses the TRX suspension training system!

Trx Golf Training Program

Golf requires a combination of strength, flexibility, timing, balance, power and endurance. Enter the TRX golf training program to be sure your golf workout program addresses all of these components.