

TRX Circuit Training Class

What is it? 3D resistance training using a resistance cord/lever bar, suspension straps and steps.

When? Wednesday 5:45 - 6:45pm

April 19 - May 24, 2017

Who? Robin Lyon (Instructor) and YOU!

Cost? \$25

Class limited to 18 participants

[Prize drawing worth \$50]

The TRX Rip Trainer Delivers Fast, Effective Results

- ▶ Get a full-body workout with just one, easy to set up piece of equipment.
- ▶ Build core strength with rotational movements that mirror the way you move in sport and in life
- ▶ Burn calories and increase cardiovascular endurance
- ▶ Challenge your core with asymmetric loads





Activity Registration



Household LAST NAME

Household FIRST NAME

MAILING ADDRESS

CITY

ZIP

PHONE: HOME ()

WORK ()

EMERGENCY ()

VISA

MC

Email address: _____

CASH

CHECK

CHECK #: _____

REC'D BY: _____

PARTICIPANT INFORMATION

| Participant First Name | Last Name | DOB | gender | Activity Name | Activity # | Fee |
|------------------------|-----------|-----|--------|---------------|------------|-----|
| | | / / | M F | | | |
| | | / / | M F | | | |
| | | / / | M F | | | |
| | | / / | M F | | | |

PARTICIPANT RELEASE

TOTAL FEE: _____

I, the below signed as an adult (or the parent of), do hereby release the City of Delta, its agents or employees, from liability for any injuries or damages which may result to myself (my child) as a result of the participation of myself (my child) in the City of Delta Recreation Program. Further, the applicant agrees to save and hold harmless the City of Delta, its officers, agents, or employees, for any damages or personal injury which may result from activities occurring on the property of the City of Delta which is used in conjunction with the Delta Recreation Program

SIGNATURE: _____

DATE: _____

TRX Circuit Training Class

| Check | Class | Day | Time | POS # | Fee |
|-------|-----------|-------------------------------|-----------------|----------|------|
| ✓ | TRX Class | Wednesday (6-week session) | 5:45- 6:45pm | 109020-0 | \$25 |

For more information contact Fitness Dept. @ 874-0923