

# **TRX Circuit Training Class**

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

**When? Wednesdays 5:45 - 6:45pm**

**September 6-October 25, 2017**

**(No classes on Sept. 27 & Oct.11)**

**November 1-December 13, 2017**

**(No class on Nov.22)**

**Cost? \$25 each session or both for \$40**

**Class limited to 18 participants**

## **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 Circuit Training Class	Wednesdays (9/6-10/25)	5:45PM- 6:45PM	109020-P	\$25
		Wednesdays (11/1-12/13)	5:45PM- 6:45PM	109020-Q	\$25

For more information contact Fitness Dept. @ 874-0923