



## Group Training Registration Form

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SESSION DATES: TUESDAY, JANUARY 17<sup>TH</sup> THROUGH SUNDAY, FEBRUARY 12<sup>TH</sup>

Tuesday	8:30 am - 9:00 am 12:00 pm – 12:30 pm	Friday	12:00 pm – 12:30 pm
Wednesday	12:00 pm – 12:30 pm 6:30 pm – 7:00 pm	Saturday	11:00 am – 11:30 am
Thursday	12:00 pm-12:30 pm	Sunday	9:30 am- 10:00 am

### GROUP TRAINING:

The TRX Suspension Training system is a lightweight, all in one piece of equipment that is quickly becoming the ultimate way for people to "functionally train." Train multiple muscles at once, in multiple planes of movement, for a workout unlike anything you have ever experienced. TRX participants will see improved core stability, muscular strength, muscular endurance, flexibility, and overall body mobility. Classes will be lead by a certified TRX instructor to ensure everyone, from beginners to experienced athletes, will get a safe and challenging workout.

Schedules may change based on participation. Please choose day and times per week and call to confirm.

### Group Rates: Half Hour Sessions

(4 Week Session)	One Class	Two Classes
	Per Week	Per Week
	Member \$68/ Non-Member \$88	Member \$136/ Non-Member \$176

\*Minimum three participants per class. **No Refunds will be offered for missed classes once session begins. One make-up per session approved by Nancy Hannan, Fitness Director. A Non-Member may only enroll in one session.**

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Class day(s): \_\_\_\_\_ Time: \_\_\_\_\_

Name: \_\_\_\_\_ Membership #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please contact Nancy Hannan, Fitness Director for more information (913) 491-4116 or Nancy.Hannan@midtown.com

**MIDTOWN**  
ATHLETIC CLUB®

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