



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

PERSONAL TRAINING & ADVANCED TRX

PERSONAL TRAINING

Certified Personal Trainers provide individualized wellness programs based on your needs and goals. Varying session lengths are available and our trainers will work with your schedule. Sessions are by appointment only.

ONE-ON-ONE PACKAGES

60 minute packages	30 minute packages
1 session: \$58	4 sessions: \$116
4 sessions: \$220	8 sessions: \$220
8 sessions: \$430	16 sessions: \$430
12 sessions: \$635	

BUDDY PACKAGES

1 hour packages for 2 people
1 session: \$85
4 sessions: \$325



ADVANCED TRX TRAINING

TRX Training is one of the top functional training systems used by every branch of the Armed Forces as well as professional athletes in every sport. Train multiple muscles and challenge your core in these challenging classes.

TRX STRENGTH Monday 6:00-6:45am

Body weight and strength training combined in this 45 minute full body workout. Class is limited to 9 participants.

Fall Session 1: September 11-October 9
Fall Session 2: October 23-November 27

GSC Members/Glendale Resident **\$25/6- week session**
Non-Members or Non-Resident **\$55/6 - week session**

TRX BOOT CAMP Tuesday & Thursday 6:00-7:00am

This challenging class combines advanced TRX moves with cardio drills. Class is limited to 9 participants.

Fall Session 1: September 5-October 12
Fall Session 2: October 24-November 30

GSC Members/Glendale Resident **\$40/6- week session**
Non-Members or Non-Resident **\$85/6 - week session**

