



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

PERSONAL TRAINING & ADVANCED TRX TRAINING

January - May, 2018

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: \$62	4 sessions: \$136
4 sessions: \$228	8 sessions: \$245
8 sessions: \$446	12 sessions: \$347
12 sessions: \$632	

BUDDY PACKAGES

Training for 2 people together.
Must have buddy/training partner to register.

1 hour packages. Pricing per individual.
1 session: \$50
4 sessions: \$184
8 sessions: \$357
12 sessions: \$506



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 advanced classes.

TRX STRENGTH | MONDAY 6:00-6:45am & 6:00-6:45pm

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

Winter Session 1: January 8 - February 12
Winter Session 2: February 26 - April 2
Spring Session: April 16 - May 21

GSC Members/Glendale Resident **\$25/6 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.

GSC Members/Glendale Resident **\$48/6 week session**

Winter Session 1: January 9 - February 15
Winter Session 2: February 27 - April 5
Spring Session: April 17 - May 24

