

TRX INTRO BOOT CAMP (60 min)

Ready to become HardCORE? These 6 Week Boot Camps will redefine your fitness! You'll increase core strength, cardio fitness, and flexibility, while remaining accountable to your personal coach. Both INTRO Boot Camps (**TRX Basic Training & TRX Launch**) introduce you to the benefits of TRX training. You'll learn proper form and technique before incrementally increasing the duration and intensity of your workouts. Learn over 40 TRX Exercises so you can Work Out Like a Pro by the end of your 6 Week INTRO Journey! This is not just a class...this is a lifestyle change that will turn you into one of our Woodall Training TRX-Addicts! 6 Week Customized TRX INTRO Boot Camp Guide, TRX Boot Camp goodie bag, sponsor coupons and gift cards, and Personalized Online Coaching are included in the TRX INTRO Boot Camps.

See www.WoodallTraining.com/trx-bootcamp for Basic Training and Launch details.

***Pre-Registration Required, Email Kari.**

CORE (40-60 min)

Take your performance to the next level and leave each unique, custom designed class feeling worked-to-the-core! These 40+ minute strength-based classes are specifically designed to enhance athletic performance. Current runners, swimmers, and cyclists who TRX with Woodall Training have experienced marked race improvement from increased core strength, shoulder stability, leg strength, power, and flexibility. Mon/Tues CORE have a Lower Body/Core Focus (L) and Friday CORE classes have an Upper Body/Core Focus (U). Need extra help with swimming? Friday CORE classes hone in on swimming technique! Not an athlete? Not a problem!

Prior completion of a TRX INTRO Boot Camp is required.

***Class limited to 22 on a 'first-come' basis. (\$16/class or monthly HardCORE pass)**

CIRCUIT (60 min)

Take advantage of this popular partner circuit drop-in option! The CIRCUIT Class is a 1 hour All-Body TRX Circuit that will challenge you differently each week. Tired of the same 'pre-programmed' group workout routines? CIRCUIT Classes never repeat! Each week, the workout is custom-designed to appropriately train all levels of participants. Not for couch potatoes!

Prior completion of a TRX INTRO Boot Camp is required.

***Class limited to 22 on a 'first-come' basis. (\$16/class or monthly HardCORE pass)**

CLIMB (45 min)

This new TRX class is a friendlier, low impact option for newer TRX'ers. TRX Climb is the perfect step up after completion of TRX Launch or TRX Basic Training. Climbers will get a custom-designed all-body workout, but at a slower pace.

Prior TRX experience or completion of a TRX INTRO Boot Camp is required.

***Class limited to 22 on a 'first-come' basis. (\$16/class or monthly HardCORE pass)**

RELEASE (30-40 min)

Begins on Saturdays in February!

After a demanding week of workouts, you'll need a RELEASE! Enjoy 30+ minutes of flexibility on and off the TRX. RELEASE infuses partner stretching, TRX flexibility exercises, and foam rolling to ensure a comprehensive, full-body flexibility session. RELEASE is offered first to **FUSION** participants at no additional charge. Any remaining spots are open for drop-in or HardCORE passes.

***Class limited to 20 on a 'first-come' basis. (\$16/class or monthly HardCORE pass)**

BLAST (45 min)

Begins on Sundays in February!

Combine the explosiveness of the BOSU with some HardCORE TRX, and you have BLAST! This 40 minute class has 30 minutes of intense intervals with the BOSU and TRX. You'll get a fantastic cardio and strength combination in a short amount of time.

Prior TRX experience or completion of a TRX INTRO Boot Camp is required.

***Class limited to 20 on a 'first-come' basis. (\$16/class or monthly HardCORE pass)**

FUSION (75 min)

Join the fun! Our popular Saturday morning TRX Fusion drop-in boot camp focuses on functional training on and off the TRX. Combine cutting-edge TRX training, partner exercises, cardio drills, and various other equipment for a unique cardio/strength combination. Kick-off your weekend with a challenge!

***Class limited to 36. All currently active participants are welcome! (\$16/class or monthly HardCORE pass)**

PRICING:

Drop-in: \$16/class

Purchased on a per class basis.

1 Month HardCORE 8 Class Pass: \$115

Purchase at the beginning of the month and attend any 8 classes that month on a first-come basis.

Classes expire monthly, no carry-overs.

1 Month HardCORE Unlimited Membership: \$150

Purchase at the beginning of the month and attend as many classes as you'd like! INTRO Boot Camps not included in HardCORE Unlimited. Membership expires monthly, no carry-overs.

NOTES:

All TRX Classes are currently held indoors at the Middleton Fire Station on University Avenue.

Please check the schedule monthly for updated dates/times, or visit Woodall Training on Facebook.

~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Happy New Year! HYDRATE. 530 PM BLAST BEGINS IN FEB!!!	2 600 AM CORE (L) 835 AM CORE (L)	3 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	4 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	5 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	6 600 AM CORE (U) 835 AM CORE (U)	7 700 AM FUSION 830 AM CLIMB	
8	9 600 AM CORE (L) 835 AM CORE (L)	10 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	11 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	12 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	13 600 AM CORE (U) 835 AM CORE (U)	14 700 AM FUSION 830 AM CLIMB	
15	16 600 AM CORE (L) 835 AM CORE (L)	17 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	18 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	19 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	20 600 AM CORE (U) 835 AM CORE (U)	21 700 AM FUSION 830 AM CLIMB	
22	23 600 AM CORE (L) 835 AM CORE (L)	24 NO 6 AM CLASS 430 PM CORE (L) 545 PM CORE (L)	25 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	26 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	27 600 AM CORE (U) 835 AM CORE (U)	28 700 AM FUSION 830 AM CLIMB	
29	30 600 AM CORE (L) 835 AM CORE (L)	31 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	Drop-in classes are available on a first come basis. Drop-ins require completion of a TRX INTRO Boot Camp. CORE (40-60 min, L=Lower focus, U=Upper focus) CIRCUIT (60 min) FUSION (75 min) CLIMB (45 min) BLAST in FEB! (45 min) RELEASE in FEB! (30+ min)				Drop-in: \$16/class 1 month HardCORE 8 Class pass : \$115 1 month HardCORE Unlimited pass: \$150 *Passes expire monthly, no carry-overs.

~ February 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	2 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	3 600 AM CORE (U) 835 AM CORE (U)	4 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
5 530 PM BLAST	6 600 AM CORE (L) 835 AM CORE (L)	7 NO 6 AM CLASS 430 PM CORE (L) 545 PM CORE (L)	8 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	9 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	10 600 AM CORE (U) 835 AM CORE (U)	11 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
12 530 PM BLAST	13 600 AM CORE (L) 835 AM CORE (L)	14 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	15 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	16 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	17 600 AM CORE (U) 835 AM CORE (U)	18 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
19 530 PM BLAST	20 600 AM CORE (L) 835 AM CORE (L)	21 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	22 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	23 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	24 600 AM CORE (U) 835 AM CORE (U)	25 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
26 530 PM BLAST	27 600 AM CORE (L) 835 AM CORE (L)	28 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	29 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	Drop-in classes are available on a first come basis. Drop-ins require completion of a TRX INTRO Boot Camp. CORE (40-60 min, L=Lower focus, U=Upper focus) CIRCUIT (60 min) FUSION (75 min) CLIMB (45 min) BLAST (45 min) RELEASE (30+ min) Drop-in: \$16/class 1 month HardCORE 8 Class pass : \$115 1 month HardCORE Unlimited pass: \$150 *Passes expire monthly, no carry-overs.		

~ March 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
4 TRX INTROs BEGIN! 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	5 600 AM CORE (L) 835 AM CORE (L)	6 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	7 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH	8 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	9 600 AM CORE (U) 835 AM CORE (U)	10 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
11 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	12 600 AM CORE (L) 835 AM CORE (L)	13 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	14 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH	15 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	16 600 AM CORE (U) 835 AM CORE (U)	17 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
18 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	19 600 AM CORE (L) 835 AM CORE (L)	20 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	21 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH	22 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	23 600 AM CORE (U) 835 AM CORE (U)	24 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
25 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	26 (Middleton Spring Break) 600 AM CORE (L) 835 AM CORE (L)	27 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	28 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH	29 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	30 600 AM CORE (U) 835 AM CORE (U)	31 700 AM FUSION 815 AM RELEASE 900 AM CLIMB

~ April 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	2 (Madison Spring Break) 600 AM CORE (L) 835 AM CORE (L)	3 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	4 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH	5 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	6 600 AM CORE (U) 835 AM CORE (U)	7 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
8 300 PM LAUNCH 415 PM BASIC TRAINING 530 PM BLAST	9 600 AM CORE (L) 835 AM CORE (L)	10 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	11 600 AM CIRCUIT 835 AM CIRCUIT 430 PM CLIMB 530 PM BASIC TRAINING 645 PM LAUNCH TRX INTROs END	12 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	13 600 AM CORE (U) 835 AM CORE (U)	14 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
15 530 PM BLAST	16 600 AM CORE (L) 835 AM CORE (L)	17 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	18 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	19 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	20 600 AM CORE (U) 835 AM CORE (U)	21 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
22 530 PM BLAST	23 600 AM CORE (L) 835 AM CORE (L)	24 600 AM CORE (L) 430 PM CORE (L) 545 PM CORE (L)	25 600 AM CIRCUIT 835 AM CIRCUIT 445 PM CLIMB	26 600 AM CIRCUIT 430 PM CIRCUIT 545 PM CIRCUIT	27 600 AM CORE (U) 835 AM CORE (U)	28 700 AM FUSION 815 AM RELEASE 900 AM CLIMB
29 530 PM BLAST	30 600 AM CORE (L) 835 AM CORE (L)	Drop-in classes are available on a first come basis. Drop-ins require completion of a TRX INTRO Boot Camp. CORE (40-60 min, L=Lower focus, U=Upper focus) CIRCUIT (60 min) FUSION (75 min) CLIMB (45 min) BLAST (45 min) RELEASE (30+ min)				

Drop-in: \$16/class
 1 month HardCORE 8 Class pass : \$115
 1 month HardCORE Unlimited pass: \$150
 *Passes expire monthly, no carry-overs.