

SUMMER 4 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE
SESSION 1: JUNE 4 - JUNE 30 (REG. DEADLINE: MAY 31)

SESSION 2: JULY 9 - AUGUST 4 (REG. DEADLINE: JULY 5)

SESSION 3: AUGUST 6 - AUGUST 31 (REG. DEADLINE: AUGUST 2)

SUMMER 6 WEEK SESSION DATES \$10 LATE FEE AFTER DEADLINE
SESSION 1: JUNE 4 - JULY 20 (REG. DEADLINE: MAY 31)

SESSION 2: JULY 23 - AUGUST 31 (REG. DEADLINE: JULY 18)

QUESTIONS? CONTACT:

ZEB MILLER - ZMILLER@CHOICEHF.COM | 701.746.2750

REGISTER FOR TRX (*OPEN TO MEMBERS AND NON-MEMBERS)

ADULT TRX PROGRAMMING | CONTACT INFO

Name: _____

Email: _____

Address: _____

City/State/Zip: _____

Phone: (____) - ____ - _____

Alternate Phone # (work, mobile, etc.) (____) - ____ - _____

I hereby acknowledge my health or the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by myself or my child while attending this program. I also understand that any medical bills incurred due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Participant / Parent or Guardian Signature: _____ Date: _____

MARK THE SESSION & CLASS IN WHICH YOU WISH TO PARTICIPATE:

4 Week Session

SESSION I: June 4 - June 30 _____ SESSION II: July 10 - August 4 _____ SESSION III: August 7 - August 31 _____

6 Week Session

SESSION I: June 4 - July 20 _____ SESSION II: July 23 - August 31 _____

TRX GROUP TRAINING

M & W | 6:00 - 7:00 am | \$120 (4wk session) _____

TRX INFERNO BOOT CAMP

T & TH | 5:30 - 6:30 am | \$225 (6wk session) _____

FRI | 9:00 - 10:00 am | \$113 (6wk session) _____

TRX PERFORMANCE RIP TRAINING

WED | 6:00 - 6:45 pm | \$48 (4wk session) _____

TRX RIP TEE'S GOLF

Tues | 6:30 - 7:15 pm | \$48 (4 week session) _____

Thurs | 6:30 - 7:15 pm | \$48 (4week session) _____

For office use only: Ring up under "FITNESS PROGRAM". Fees listed above. | Add \$10 late fee after deadline.



THE PURSUIT OF BETTER
MAKE IT PERSONAL

ALL LEVELS, ALL CORE, ALL THE TIME

TRX SUSPENSION TRAINING

- Best-in-class workout system that leverages gravity
- Utilize your bodyweight to perform exercise
- You're in control of how much you want to challenge yourself on each exercise

RIP TRAINER

- Perform properly, enhance fluidity and range of motion, and decrease the risk of injury
- Used for high speed striking movements or slow speed strength & stability exercises
- The perfect training tool for elite level athletes, fitness enthusiasts, and first time exercisers



THE PURSUIT OF BETTER

MAKE IT PERSONAL

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TRX GROUP TRAINING (18+ YRS)

Great class for TRX beginners! Learn how to perform functional movement with TRX Suspension Trainer From Master Trainer Zeb Miller.

DAY	TIME	COST
Mon & Wed	6:00 am - 7:00 am	\$120 (4 Week Session) / \$20 (walk-in)

TRX INFERNO BOOT CAMP (18+ YRS)

Boot camp for members/non-members looking to get in shape and challenge their core. Classes include creative combination workouts like you've never seen! Participants will use a variety of equipment including the TRX Suspension Trainer/TRX Rip Trainer, Bosu, Kettlebells, Ropes, Medicine Balls, and more to train the entire body. Those who enlist must commit to the 6-week TRX Inferno Boot Camp consisting of 1-hour sessions of intense training. Each week the workout is custom-designed to help anyone attain a leaner, stronger, and faster body. Get ready to fight through the burn and see results!

DAY	TIME	COST
Tues & Thurs	5:30 am - 6:30 am	\$225 (6 Week Session) / \$20 (walk-in)
Friday	9:00 am - 10:00 am	\$113 (6 Week Session) / \$20 (walk-in)

TRX PERFORMANCE RIP TRAINING (12+ YRS)

Full-body workout that blends a unique mix of rotation, core stability, power, strength, mobility, balance and coordination. Designed for anyone ready to earn their better and enhance athletic performance. Led by Master Trainer Zeb Miller.

DAY	TIME	COST
Wed	6:00 pm - 6:45 pm	\$48 (4 Week Session)

TRX RIP TEE'S GOLF (14+ YRS)

Improving movement and athleticism by teaching golfers to develop speed, power, and coordination to safely develop and enhance performance on the course. Led by Master Trainer Zeb Miller.

DAY	TIME	COST
Tuesday	6:30 pm - 7:15 pm	\$48 (4 Week Session)
Thursday	6:30 pm - 7:15 pm	\$48 (4 Week Session)

TRX SMALL GROUP TRAINING (14+ YRS)

Full-body workout that blends movement through the TRX Suspension Trainer. Fun combination of functional training for everyone that is looking for quick impactful workout. Class is appropriately designed for the pursuit of your better self. Led by Master Trainer Zeb Miller.

Contact to get started: zmiller@choicehf.com

REACH YOUR BEST WITH

