



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER

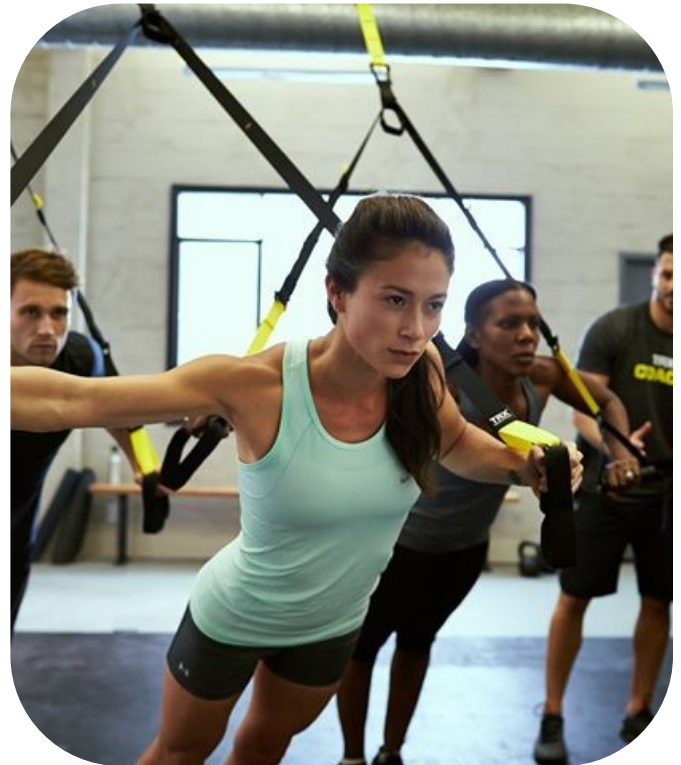
## TRX

CHAMBERSBURG YMCA

Join the small group training of TRX Suspension Training.

TRX uses gravity and body weight for a unique full-body workout.

Classes start week of  
October 22nd  
Pre-registration required!



**MAKE YOUR BODY YOUR MACHINE**

**TUESDAYS 10:45-11:30AM with MICHELLE**  
**THURSDAYS 5:15-6:00PM with BRITTNEY**

**YMCA Members & Non-YMCA Members Welcome!**  
Member \$20.00 Non-Member \$40.00

Contact Ellen Poe at [epoe@chbgy.org](mailto:epoe@chbgy.org) or 717-446-0533 for additional information