

# TRX TRAINING



**WEDNESDAYS**

**5:30-6:30 PM**

- \**Min 3 people to run class*
- \* **Drop-in available if space**

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**DOWNTOWN  
LOCATION**

## A TOTAL BODY WORKOUT WHERE THE POSSIBILITIES ARE ENDLESS

Looking to develop strength, balance, flexibility and core stability simultaneously? Then TRX Suspension Training is for you.

The TRX Suspension Training system leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

**CLASSES RUN 8 WEEKS  
MARCH 6 – APRIL 24  
TO REGISTER, STOP BY THE  
FRONT DESK**

**COST:**

**\$90—MEMBERS**

**\$110 -NONMEMBERS**

**MUST PAY IN FULL PRIOR TO FIRST CLASS**

*Drop-in Rates*

*\$13 member ; \$15 non-member*

