

TRX TRAINING

STARTING MAY 1ST



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!

DOWNTOWN

Monday-6:00am

Tuesday-12:00pm

Tuesday-6:30pm*

*beginner

COST PER 4 WEEK SERIES

MEMBER: \$40/NON-MEMBER: \$64

(Must pay prior to class)



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