

# TRX SUSPENSION TRAINING

**NEW INTRO CLASS! Starts Jan 4<sup>th</sup>**

**FRIDAYS 7:00 am AND 7:30 am**

Develops strength, balance, flexibility & core stability **SIMULTANEOUSLY...**

Work your muscles like never before!



**½ HR SESSIONS: MON:** 5:45–6:45am & 7:00–8:00am

**TUES:** 9:30-11:30am

**WEDS:** 11:30-12:30pm & 4:30-5:30pm

**FRI:** 7:00-8:00am

**SAT:** 8:00-9:00am & 9:30-11:30am

**LOCATION: Specialized Training Room (STR)**

**→ MUST SIGN UP AT FRONT DESK ←**