

TRX Circuit Training Class

WHAT IS IT? 3D resistance training using a resistance cord/lever bar, suspension straps and steps.

WHEN? Wednesdays 5:30 - 6:30pm

Jan. 9 - Feb. 13

Feb. 27 - April 3

April 24 - May 29

COST? \$25 per Session or ...

\$60 for ALL 3 !!!

Don't Get Shut Out!

The TRX Rip Trainer Delivers Fast, Effective Results

- ▶ Get a full-body workout with just one, easy to set up piece of equipment.
- ▶ Build core strength with rotational movements that mirror the way you move in sport and in life
- ▶ Burn calories and increase cardiovascular endurance
- ▶ Challenge your core with asymmetric loads

