

# TRX

## NEW YEAR'S SPECIAL

**BUY A PACKAGE OF 4 TRX SESSIONS FOR \$100 AND GET 5TH ONE FREE.**

### Why TRX?

**It works for ALL levels.  
Safe. Functional. Effective.**

**TRX provides  
multi-dimensional training  
engaging the core 100% of  
the time.**

Suspension training allows you to use a percentage of your body weight to create a workout that increases mobility and coordination.

**TRX**

**Sign up at the front desk.**

**Good only through January 31. Don't wait.**