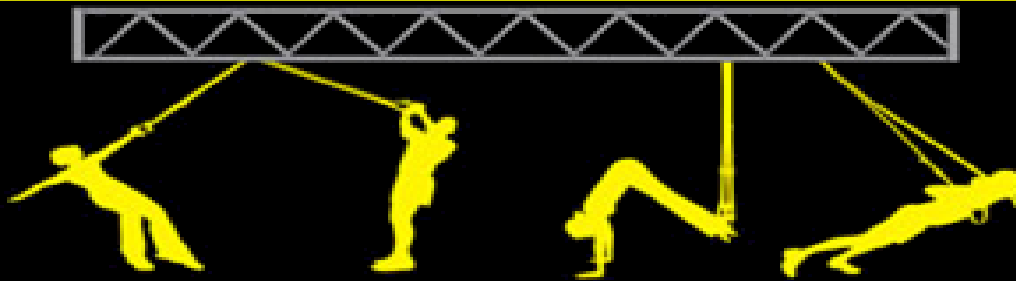


# TRX/ TRX PM

## SUSPENSION TRAINING



TRX is the original suspension trainer. The TRX leverages gravity and your body weight to perform hundreds of exercises while providing greater performance and functionality. Beneficial for people of all fitness levels, this class will help you build a rock solid core, increase muscular endurance, and have an effective total body workout.

**TRX**

**Tuesday & Thursday 12:15-1:00pm**

**TRX PM**

**Monday & Wednesday 5:30pm-6:30pm**

