



NEW SESSIONS NOW AVAILABLE

TRX CIRCUIT

Challenge yourself with this fast paced workout combo of TRX & Cardio drills. Timed sets will keep your heart rate pumping as you power through the reps going at your own pace. All fitness levels are welcome!

Day	Time	Instructor
Tuesdays	12:00 - 1:00pm	Michelle
Thursdays	12:00 - 1:00pm	Michelle
Fridays	5:30 - 6:30am	Jenny

Try TRX Special	Drop-In Fee	Packages
3 Sessions for \$30	Members - \$18	10 sessions for \$150
	Non-Member - \$20	16 sessions for \$200

Only 8 spots per session. Register at the Front Desk.