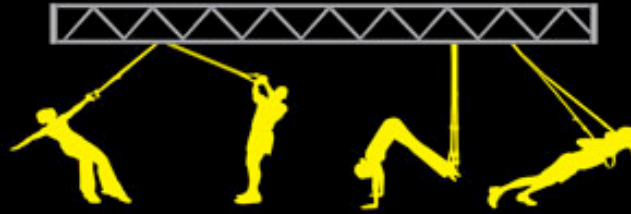


TRX[®]

Suspension Training[®]



*Join us on Mondays and Wednesdays
for the following programs:*

TRX CIRCUIT

Mondays at 5:30 PM

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!

TRX BODY BLAST

Wednesdays at 5:30 PM

Build overall strength & endurance with the highly efficient suspension training program. Body Blast is a non-stop workout set to music & is appropriate for all fitness levels.



PACKAGES	DROP-IN FEE
10 classes for \$150	RAC Members: \$18
16 classes for \$200	Non RAC Member: \$20

*Hurry! Only 8 spots available!
Please sign up and pay at the front desk.*