



# TRX Boot Camp



## Small Group Training

Circuit-style training with exercises performed on the TRX Suspension Trainer and other various exercise equipment. The TRX will teach you how to get fast, effective, total-body workouts. This format is for everyone! Class is limited to six participants.

### 5-Week Sessions

Tuesdays OR Thursdays @ 530 a.m. .... 45 minute class  
 Members \$40 ..... General Public \$80

**starting May 10**

### 7-Week Session

Fridays @ 12 p.m. .... 30-minute class  
 Members \$38 ..... General Public \$76

**starting April 29**



# TRX Core

Take it to a new level! Experience this total body workout using the TRX suspension trainer complete with Core and Glute strengthening exercises. This is the perfect preparation for looking good and playing hard this summer!

### 7-Week Session

Tuesdays @ 6 p.m. .... 45 minute class  
 Members \$56 ..... General Public \$112

**starting April 26**

Advance Registration Required  
 Sign up @ Welcome Desk

