

# TRX PT

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## Personal Suspension Training

### ***What Is Suspension Training?***

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance

#### **The TRX Suspension Trainer:**

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels (pro athletes to seniors)

**MORNING:** Wednesdays & Fridays **TIME:** 7:30am

**EVENING:** Tuesdays & Thursdays **TIME:** 7:05pm

**COST:** \$129 for Members, \$149 for Non-Members  
(If available, "Drop-in fee's: \$12 for Members & \$14 for Non-Members)

**NEXT SIGN UP:** March 27<sup>th</sup> – April 27<sup>th</sup>

*Limited spots open...Choose Day or Evening & sign up!!*  
**MUST PAY AT TIME OF SIGN UP!!!**