

TRX PT

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 27th – April 27th

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