

# WAVERLEY OAKS ATHLETIC CLUB

# MX4

*Feature Student*

## BAILEY TRIGGS

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### **FUN FACTS ABOUT BAILEY:**

Your goal is to come to how many  
classes per week?

**3 times a week!**

What is your favorite toy to use in MX4?

**Slam ball for sure, trying to be as loud  
as possible is always satisfying,  
especially after a long day at work.**

What is something you have gotten  
better at in Mx4?

**Rowing! Getting closer to my  
goal of 1000m in under 4 minutes!**

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"There's just something so  
powerful about giving your  
max effort at something, and  
the format of the classes  
really encourages you to go  
all out again and again. It's  
really increased my physical  
confidence."

