



# SGT - TRX 1



DEVELOP STRENGTH,  
BALANCE & FLEXIBILITY!

**MON|WED**  
**AT 10:30AM**  
**IN MARIPOSA WITH**  
**THERESA OR JEANNETTE**

TRX is a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, & core stability simultaneously. It requires the use of the TRX Suspension Trainer a, performance training tool that leverages gravity and the user's body weight to complete the exercises.

**\$10 EACH CLASS:**

*Participants must reserve their spot on sign-up genius beginning the Thursday prior to class.  
All participants must have member charges active on their account for payment. No shows will be charged for holding a spot. The class will be held to a strict 3 person minimum.*



*SaddleBrooke HOA2  
Fitness and Wellness*

**FOR MORE INFORMATION CONTACT  
DESERTVIEW FITNESS CENTER AT 818-1300**