

TRX SCHEDULE

JANUARY 8TH – MARCH 31ST, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING		9:45-10:15 A.M. TRX CHRIS		9:45-10:15 A.M. TRX CHRIS
AFTERNOON	12:15-12:45 P.M. TRX W/ CARL		12:15-12:45 P.M. TRX W/ CARL	
EVENING	4:45-5:15 P.M. TRX W/ CLEMATE	5:45-6:15 P.M. TRX CIRCUIT MERI/CHRIS	6:45-7:15 P.M. TRX CHRIS	5:15-5:45 P.M. TRX ZOE

MEMBERS: FREE!!

NON-MEMBERS: \$55 UNLIMITED PER MONTH

BORN IN THE NAVY SEALS, SUSPENSION TRAINING BODYWEIGHT EXERCISE DEVELOPS STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. IT REQUIRES THE USE OF THE TRX SUSPENSION TRAINER, A HIGHLY PORTABLE PERFORMANCE TRAINING TOOL THAT LEVERAGES GRAVITY AND THE USER'S BODY WEIGHT TO COMPLETE 100S OF EXERCISES.