

TRX SCHEDULE

JUNE 11TH- SEPTEMBER 2ND, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING		RETURNS IN FALL		9:45-10:15 AM TRX ZOE
AFTERNOON	12:15-12:45 PM TRX w/ CARL		12:15-12:45 PM TRX w/ CARL	
EVENING	4:45-5:15 PM TRX w/ CLEMATE	RETURNS IN FALL	6:45-7:15 PM TRX CHRIS	

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.