



EVERYTHING YOU NEED TO KNOW ABOUT TRX!

Become a pro at adjusting the exercises to fit your level! Class will be approximately 1 hour and will go through some of the key exercises and adjustment we do in regular TRX class!

FREE TO EVERYONE!

Stop by or call the front desk to reserve your spot
920-497-1161

SATURDAY May 13th - 9:00am – Peggy

WEDNESDAY May 16th - 4:30pm – Amanda

Next session starts the week of May 22nd!! Sign up at the front desk!