



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

TUESDAY SEPTEMBER 5TH 4:30pm – Amanda

SATURDAY SEPTEMBER 9TH 9:00am - Peggy