

# 'Tis the season for



# TRX



December drop-ins all month long!  
Call 497-1161 or stop by the front desk to sign up!

\$12/member    \$15/non-member

December 2nd - 9:00am  
TRX Accumulator  
with Becky W.

December 9th - 9:00am  
TRX+Row  
with Peggy

December 12th - 4:30pm  
TRX 12 Pains of Christmas  
with Becky W.

December 18th - 11:00am  
TRX Drop In  
with Kari

December 20th - 11:15am  
TRX Drop In  
with Amanda

December 21st - 9:00am  
TRX 12 Pains of Christmas  
with Jamie

December 21st - 3:30pm  
TRX 12 Pains of Christmas  
with Kari

December 22nd - 10:00m  
TRX Black Jack  
with Dan

December 26th - 11:00am  
TRX Drop In  
with Kari

December 26th - 4:30pm  
TRX Taking Down the Christmas Tree  
with Becky W.

December 27th - 7:00am  
TRX+Row  
with Becky W.

December 27th - 11:15am  
TRX Drop In  
with Amanda

December 28th - 9:00am  
TRX Drop In  
with Jamie

December 28th - 3:30pm  
TRX Upper+Core  
with Kari

December 31st - 9:00am  
TRX Countdown to 2018  
with Becky W.

Haven't taken TRX 101 yet? Don't worry!  
We've got you covered! Jump into a FREE 101 on  
December 4th at 5:30pm with Becky W. or on  
December 23rd at 9:00am with Peggy.  
Call 497-1161 or stop at the front desk to sign up!

6-week Sessions begin again January 8th, 2018.

