

# TRX<sup>®</sup>

## Suspension Training<sup>®</sup>

AT WESTERN RACQUET & FITNESS CLUB

6-WEEK SESSION

BEGINNING SEPTEMBER 17TH



WESTERN  
RACQUET & FITNESS CLUB

Mondays at 11:00am w/ Kari

Mondays at 6:30pm w/ Katie

Wednesdays at 11:15am w/ Sheila

Wednesdays at 6:30pm w/ Becky

Thursdays at 9:00am w/ Jamie

Thursdays at 3:30pm w/ Kari

Fridays at 10:00am w/ Dan

\$48 FOR MEMBERS  
MEMBER SIGN UP SEPTEMBER 5TH, 2018

\$72 FOR NON-MEMBERS  
NON-MEMBER SIGN UP SEPTEMBER 12TH, 2018

SIGN UP AT THE FRONT DESK  
OR CALL 497-1161