

'Tis the season for



TRX



December TRX Drop-Ins all month long!
Call 497-1161 or stop by the front desk to sign up!

\$12/member \$15/non-member

December 4th - 10:15am
TRX Circuits
with Alissa

December 10th - 11:00am
TRX + Toys
with Kari

December 10th - 6:30pm
TRX 12 Pains of Christmas
with Katie

December 11th - 11:15am
TRX Strength & Mobility
with Becky W.

December 12th - 11:15am
TRX Upper Body & Ab Lab
with Sheila

December 12th - 6:30pm
TRX Tabatas
with Becky V.

December 13th - 9:00am
TRX Full Body Blast
with Jamie

December 13th - 3:30pm
TRX Single Handle Mode
with Kari

December 14th - 10:00m
TRX Black Jack
with Dan

December 17th - 11:00am
TRX Strength & Mobility
with Becky W.

December 17th - 6:30pm
TRX Buns & Guns
with Katie

December 18th - 10:15am
TRX 12 Pains of Christmas
with Alissa

December 19th - 11:15am
TRX Tabata Sandwich
with Sheila

December 20th - 9:00am
TRX 12 Pains of Christmas
with Jamie & Nichelle

December 20th - 3:30pm
TRX Pick Your Present
Accumulator
with Kari

December 21st - 3:30pm
TRX 9 Holes of Golf
with Dan

December 27th - 9:00am
TRX Full Body Blast
with Jamie & Nichelle

December 27th - 3:30pm
TRX Happy New Rear
with Kari

December 31st - 10:00am
TRX Happy New Rear
with Katie

Haven't taken TRX 101 yet? Don't worry! We've got you covered!
Jump into a FREE 101 on December 10th at 5:30pm with Katie.
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