

EVERYTHING YOU NEED TO KNOW ABOUT TRX!



Take this one-hour free intro class to prepare you for a TRX Drop-In class or 6-week session. You'll learn how to adjust your straps, use your body on the straps, and some key exercises you'll see in a regular class! Stop by the front desk or call 497-1161 to sign up today!

WEDNESDAY, JANUARY 2ND

TRX 101

6:00am
with Becky W. (FREE)

SATURDAY, JANUARY 5TH

TRX 101

7:30am
with Becky V. (FREE)

MONDAY, JANUARY 28TH

TRX 101

5:30pm
with Katie (FREE)



TRX 101

JANUARY 2019 CLASSES