

TRX Class

TOTAL-BODY RESISTANCE EXERCISES

Build a solid core and improve muscular endurance – a benefit to all fitness levels.

This is a challenging total body workout that leverages gravity and body weight while you perform many different exercises.

Cardiovascular intervals will be incorporated into some class routines to insure participants are performing in their target heart rate zones.



Starting December 4 • Functional Fitness Room

Tuesdays: 11 a.m.-12 p.m.

\$5 per class (Space is limited to 10 participants per class)