

# TRX SUSPENSION SMALL GROUP TRAINING

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

## The TRX Suspension Trainer:

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance and helps with weight loss and building lean muscle
- Benefits people of all fitness levels at any age

## Want to Join a Class?

Mondays at 7-8am, 8-9am and 6-7pm

Wednesdays at 12-12:30pm

Fridays at 6-7am, 7-8am and 8-9am

**Please Register at the Front Desk**

