



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**TRX Fusion** is a combination of TRX and circuit or tabata style class. This high-intensity workout is designed to keep your heart rate up while hitting all of the major muscle groups! Come for a fun and challenging 45 minute class!

Equipment used: TRX, mats, weights, bosu, steps, and medicine balls.

Here are some possible 20 minute Demo Dates that you can do:

January 9th 7:15am  
January 16th 7:15am

**TRX** EXPERIENCE  
IT  
HERE

For more information please give us a call at 703-838-8085