



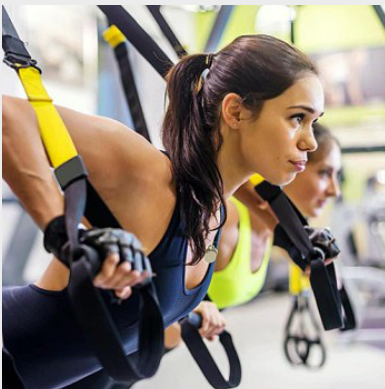
TRX
Suspension Training®

4 FREE WEEKS OF TRX

COME AND LEARN THE FUNDAMENTALS OF TRX SUSPENSION TRAINING



JOIN PERSONAL TRAINER CHRISTOPHER HOPKINS FOR A 4-WEEK INTRODUCTION CLASS OF TRX TRAINING.



TRX is a unique training tool, because instead of working out on exercise machines or with hand-held weights, TRX works with the user's body weight and gravity to accomplish a particular exercise move. Which means YOU hold the power. It's strength training at its most personal and versatile.



Class Schedule:

- Wednesdays 5:00pm - 5:45pm (7/7 - 7/28)
- Fridays 8:30am - 9:15am (7/9 - 7/30)