



Introducing
Our Brand New
Training Program

TRX

Total Body Resistance Exercise



Born in the Navy Seals, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

- **Delivers a fast, effective total-body workout.**
- **Helps build a rock solid core.**
- **Increases muscular endurance.**
- **Benefits people of all fitness levels.**

Starts Sept 15th in the Collins Room

Tuesday and Thursday 5pm

Instructor - Sandy Contreras



**“STRIVE FOR
PROGRESS, NOT
PERFECTION.”**

