



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Change the way you train!



**TRX® Suspension Training®** is our new boot camp style class that is based on the same proven programs used by the U.S. military, pro athletes and top trainers. This revolutionary program will keep you motivated day after day with challenging and progressive total body workouts that combine strength exercises and cardio drills in every session.

**This class is designed for every level of athleticism.** You'll start by learning the basics and then progress to your desired level, ultimately pushing yourself for maximum results. Bring your A game, and get ready to sweat!

## **TRX® TEAM™ Benefits**

- Develop perfect form and technique with specialized coaching from our certified TRX® experts.
- Choose your level and push your limits.
- Stay motivated with fun and challenging team-oriented workouts.
- Improve core stability, agility and balance.
- Get maximum results by combining strength and cardio training.