

TRX Small Group Training Schedule



TRX Small Group Training (Body Blast, Power Core or Advanced)

Tuesdays / 8:30am-9:30am

Tuesdays / 5:30-6:30pm

Thursdays / 6:30-7:30am

Thursdays / 5:30-6:30pm

Fridays / 5:30-6:30am

Saturdays / 9:30-10:30am



TRX Senior Fitness & Joint Mobility

Mondays / 12:30-1:30pm

Wednesdays / 12:30-1:30pm

Fridays / 12:30-1:30pm

10-pack \$10 per session (\$100) / 5-pack \$12.50 per session (\$62.50)

Single class \$15 per session

Please register with our Front Desk staff.

Payment must be made at time of registration.

Space is limited to 6 per session.