

TRX

Suspension Training

\$30 FOR FOUR SESSIONS

Ongoing classes offered.

Join at any time!



Mondays

4:45-5:30 p.m. with Andre

Wednesdays

4:45-5:30 p.m. with Andre

Fridays

8:15-9 a.m. with Kris

What is TRX Suspension Training? It's a brand-new category of exercise for all fitness levels that leverages your bodyweight against gravity using the TRX to develop strength, balance, flexibility and core stability - all at the same time!

TRX helps you to:

- Build lean muscle
- Tighten your core
- Increase joint stability
- Increase sports performance
- Boost your metabolism

Cost: \$30 M/\$50 G for four weekly sessions. Registration is required as limited space is available.

Location: Studio



Shaw JCC
Akron

Call 330-867-7850

to register or sign up at the fitness desk