

# TRX TRAINING



**DEVELOP FUNCTIONAL  
STRENGTH, IMPROVE  
FLEXIBILITY, BALANCE, AND  
CORE STABILITY.**

**EVERY**

**WEDNESDAY &**

**THURSDAY**

**1000-1100 &**

**1700-1800.**

**\*CLASS IS LIMITED TO  
THE FIRST 12  
PARTICIPANTS AND IS  
FREE OF CHARGE.**

**GROUP PT  
APPOINTMENTS CAN  
BE MADE BY CALLING  
MCKIBBEN PFC, 526-  
2597.**

