

TRX CLASSES

JANUARY 9TH - APRIL 27TH, 2012



Learn how you can get fast, effective, total-body workouts with TRX Suspension Training® . . . anywhere.

Are you tired of your workout routine? Want to mix it up? Challenge yourself with every workout & take your fitness to the next level? TRX suspension training will activate your core with every move, challenge your balance, make YOU work! Each session is designed to take you through the progressions, while hitting all major muscle groups! Classes will progress through the session-Registration ONLY!
Are you ready?!

MAKE YOUR BODY YOUR MACHINE

Level 2: TRX Suspension Training
TUESDAY 1400 - 1500

Do you want something a little more challenging, are familiar with the TRX, and want to see how far you can push it?

Instructor: Andrea Fahlman



After Work TRX Training

Wednesday 1615 - 1715

Join Us! Learn how to use the TRX and bring your fitness to the next level. Challenge your body!

Instructor: Andrea Fahlman



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50

Non Member \$5.00

10 Punches:

CRA Member \$18.00

Non Member \$40.00

20 Punches:

CRA Member \$30.00

Non Member \$80.00



MINIMUM 3 PARTICIPANTS; MAXIMUM 10 PARTICIPANTS