



GET FIT ANYWHERE

HEALTH, WELL-BEING AND FITNESS

TRX—SUSPENSION TRAINING

What is TRX® Suspension® Training?

Suspension Training® is a revolutionary method of exercise that helps you safely perform hundreds of exercises that build strength, power, flexibility, balance, mobility and prevent injuries. You decide the intensity of your workout. The portable TRX® Suspension Trainer™ is easily set up, was created by the U.S. Navy SEALs and developed by Fitness Anywhere®. Purpose of the clinics is to teach members how to use the TRX system and how to implement this tool into their wellness program.

Registration: Now through Oct. 7th. Classes begin Oct. 3rd.

Must select from one of the following groups:

Mon/Thu 6:30–7:15 pm OR Tue/Fri 9:15–10:00 am

No switching between groups please!

Cost: \$100 Members Only (Min 2/Max 4)

R.F. WILKINSON FAMILY YMCA

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TRX
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