TRX

JUNE SPECIAL

BUY A PACKAGE OF 4 TRX SESSIONS FOR $100 AND GET 5TH ONE FREE.

Why TRX?

It works for ALL levels.
Safe. Functional. Effective.

TRX provides multi-dimensional training engaging the core 100% of the time.

TRX®

Suspension training allows you to use a percentage of your body weight to create a workout that increases mobility and coordination.

Sign up at the front desk.

Good only through June 30th. Don't wait.