

TRX CLASSES



BEGINNER TRX CLASS

MONDAY AT 11:00 AM

TUESDAY AT 11:45 AM

THURSDAY AT 11:00 AM

*This class is for beginners. Learn TRX!
Exercises are done standing at a slower pace.*

INTERMEDIATE TRX CLASS

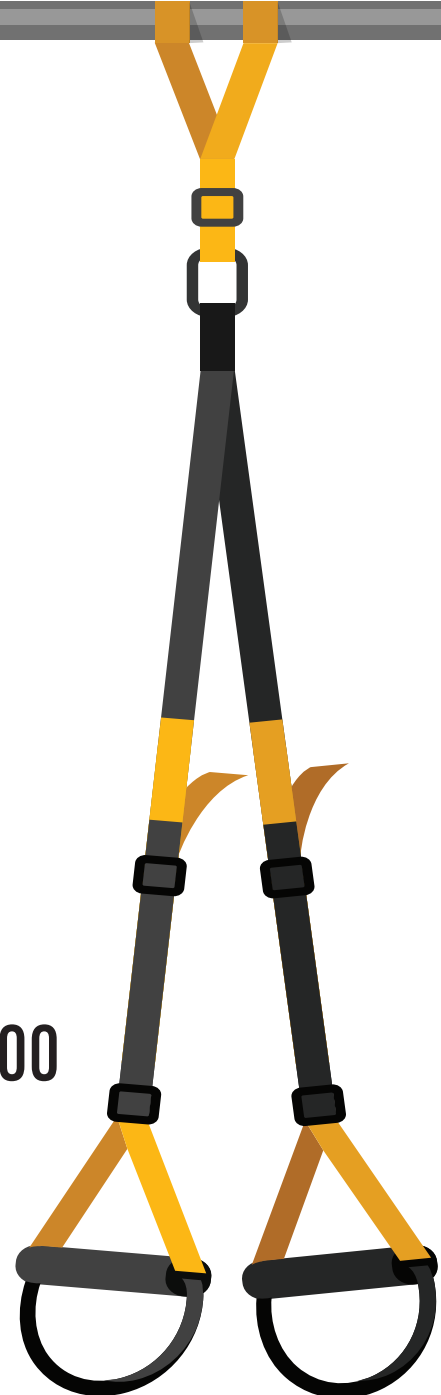
FRIDAY AT 7:45 AM

*TRX Foundational exercises,
with more advanced variations.*

ADVANCE SIGN-UP REQUIRED • CLASS LIMITED TO 8

**Call DV Fitness Center at 818-1300
or Come in and Sign-Up**

**THESE CLASSES ARE NOT FOR
THOSE WITH EXISTING INJURIES.**



For more information call the
Desertview Fitness center at 818-1300



SaddleBrooke HOA2
Fitness and Wellness