



SGT - TRX 1



DEVELOP STRENGTH,
BALANCE & FLEXIBILITY!

WEDNESDAYS
AT **10:30AM**
IN **MARIPOSA**
WITH **TOM**

TRX is a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility, & core stability simultaneously. It requires the use of the TRX Suspension Trainer a, performance training tool that leverages gravity and the user's body weight to complete the exercises.

\$10 EACH CLASS:

Participants must reserve their spot online.

All participants must have member charges active on their account for payment. No shows will be charged for holding a spot. The class will be held to a strict 3 person minimum.



SaddleBrooke HOA2
Fitness and Wellness

FOR MORE INFORMATION CONTACT
DESERTVIEW FITNESS CENTER AT 818-1300