



CLASS DESCRIPTIONS

TRX

TRX BASIC BODY

This class utilizes the TRX Suspension Trainer and your own body weight to build strength, balance, flexibility, and core stability. This class is tailored for beginner to intermediate level TRX users. Perfect for first timers!

TRX STRENGTH

This class uses the TRX Suspension Trainer to perform strength exercises, targeting large and small muscle groups. TRX Strength is the ideal way to strengthen and tone, while focusing on

TRXpress BLAST

This TRX workout focuses on all major muscle groups in a fast paced format to build strength and power. With quick transitions and challenging movements, this class is recommended for experienced TRX users.