

TRX SMALL GROUP TRAINING 2019

SESSION: TRX STRONG

Push yourself to new levels of strength, stability and mobility utilizing your own body weight on the TRX Suspension Trainer™. You will power through multiple sets of exercises targeted at full body engagement in this timed based workout. All levels can feel confident with this unique strength training style. You will leave with muscles and body feeling stronger!

SESSION: TRX BOOT CAMP

Blending gym favorites with the TRX Suspension Trainer and classic Boot Camp style workouts, you will utilize various equipment such as kettle bells, medicine balls and battle ropes just to name a few. Anything goes in this heart pounding hybrid to create a challenging workout.

TRX Small Group Training Schedule

Tuesday	8:30-9:30am	- TRX Strong
Tuesday	5:30-6:30pm	- TRX Strong
Thursday	8:30-9:30am	- TRX Boot Camp
Friday	5:30-6:30am	- TRX Boot Camp
Saturday	9:30-10:30am	- TRX Boot Camp

TRX PRICING:

\$150 per 10 pack

\$20/ drop-in session



Contact Us Today!

Information | Service Desk 707.251.1395 op 2

Please register at our service desk. Payment must be made at time of registration. Updated 1/9/2019.

 **Synergy Health Club**
by St. Joseph Health 