

# SMALL GROUP TRAINING

## TRX BOOT CAMP



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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
Tuesday	5:30-6:30pm
Thursday	8:30-9:30am
Friday	5:30-6:30am
Saturday	9:15-10:15am

#### TRX PRICING:

*\$150 per 10 pack*  
*\$20/ drop-in session*

 **Contact Us Today!**  
Information | Service Desk 707.251.1395 op 2

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

Please register at our service desk. Payment must be made at time of registration. Updated 5/1/2019.