



TRX  
Fitness Anywhere

## TRX Free Session Schedule

July 26th – August 21st

(4 weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M.			7:30-8:15 AM Vicki		
P.M.		6:00 –6:45 PM Christopher		9:45-10:30 AM Rob	

These class are open to members who have not yet taken a FREE TRX class.

Sign up at the

Front desk. Class size is limited to 12 maximum, size to run class is 4

You will learn the basics.. No drop-ins