



## **TRX Class Description**

### **TRX /Strength Plus**

This class is designed to build total body strength and muscular endurance-the essential component of any good workout plan and the foundation for building a safe fitness routine. This class will add repetitions and challenges throughout the 6 weeks.

### **TRX/Total Body Blast**

Building muscle using your own body weight.. This total body blast class will keep you challenged and you will see results in just 6 short weeks.

### **TRX/Cardio**

Shape up fast with Cardio Circuit, a super-charged combo of strength and cardio training. Our unique interval program joins TRX® Suspension Training® with the benefits of anaerobic, fat-burning. You can boost metabolism, improve heart and lungs, and tone up fast.