

TRX Group Class Descriptions

Body Blast – a total body workout that alternates upper body move with lower body move then alternates to the core. This sequence is followed for 1 hour – All levels

TRX Circuit Training – perform four rounds of TRX moves followed by a cardio interval of 1 to 2 minutes. Perform sequence for 1 hour – All levels

TRX FLEX – Get long and lean with yoga and pilates style stretches using the TRX. – All levels

Participants: you must be a part of the 5 week cycle from the beginning. If you are not; you will have to wait until the next 5 week cycle begins.

Note: there is no breaks in cycles. As a cycle of 5 week ends; a new 5 week cycle begins.