

NEW YEAR'S TRX PROGRAMS

Take your workout to the next level to increase...



Sports Performance
Strength
Flexibility
Balance
Power

TRX Fundamental (6 spots available)

Thursday 6:30-7:15AM
January 19th – March 8th
with Lana

TRX Bootcamp (12 spots available)

Tuesday 5:00-6:00PM
January 17th – March 6th
with Annie

Both programs are 8 week program for \$100+GST
Space is limited! Sign up today at the front desk!