



TRX BODY BLAST

Engage all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program.

All levels welcome.
Duration: 55 minutes

TRX CIRCUIT TRAINING

Challenge yourself with this fast-paced workout combo of TRX and cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

All levels welcome.
Duration: 55 minutes

TRX ADVANCED

Improve your performance and take your training to the next level. If you are ready to step up your workouts TRX Advanced will challenge you to the 'core.'

Intermediate & Advanced welcome.
Duration: 55 minutes

TRX BOOT CAMP

Our 6-week Fall Boot Camp Series will help you reach your fitness goals. Regardless of your fitness level this personalized class will track your progress for strength, flexibility and body composition analysis. Next session starts Oct. 26 Walk ins welcome.

All levels welcome.
Duration: 45 minutes

TRX POWER STRETCH

A pilates/yoga-inspired workout that helps increase total-body flexibility, promote mobility and develop core strength—all in one session. This suspension training program focuses on using the TRX to help deepen stretches in very common tight spots such as the chest, shoulders and hips. Breathing through each pose and movement is emphasized every step of the way, to relax the mind and energize the body.

All levels welcome.
Duration: 55 minutes

TRX GETTING STARTED

New to the TRX? Let us show you the basics with our "getting started" session. This intro session will walk you through how to set up and use the TRX, the best ways to adjust resistance and stability, give you easy to follow tips for progressing, and an overview of our basic set of foundational exercises.

All new users are encouraged to attend this session.
Duration: 30 minutes

Sign up for sessions >> trxtrainingcenter.com



CLASS SCHEDULE

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415.655.4797

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 AM TRX CIRCUIT TRAINING	6:15 AM TRX CIRCUIT TRAINING	6:15 AM TRX CIRCUIT TRAINING	6:15 AM TRX CIRCUIT TRAINING	6:15 AM TRX CIRCUIT TRAINING	8:30 AM TRX CIRCUIT TRAINING
7:30 AM TRX BOOT CAMP	7:30 AM TRX BOOT CAMP	7:30 AM TRX BOOT CAMP	7:30 AM TRX BOOT CAMP	7:30 AM TRX CIRCUIT TRAINING	9:45 AM TRX BODY BLAST
8:45 AM TRX CIRCUIT TRAINING	8:45 AM TRX BODY BLAST	8:45 AM TRX CIRCUIT TRAINING	8:45 AM TRX BODY BLAST	8:45 AM TRX CIRCUIT TRAINING	11:00 AM TRX CIRCUIT TRAINING
4:45 PM TRX BODY BLAST	5:00 PM TRX GETTING STARTED	4:45 PM TRX BODY BLAST	5:00 PM TRX GETTING STARTED	12:00 PM TRX CIRCUIT TRAINING	
6:00 PM TRX CIRCUIT TRAINING	6:00 PM TRX CIRCUIT TRAINING	6:00 PM TRX CIRCUIT TRAINING	6:00 PM TRX CIRCUIT TRAINING	5:00 PM TRX AD- VANCED	
7:15 PM TRX POWER STRETCH	7:15 PM TRX CIRCUIT TRAINING	7:15 PM TRX POWER STRETCH	7:15 PM TRX CIRCUIT TRAINING		