

# TRX<sup>®</sup>

## Suspension Training<sup>®</sup>



balance

strength

flexibility

core stability

## TRX Total Body

Turn your workout upside down and redefine your body without lifting a single weight! Get a fast, fun, and effective workout using innovative suspension training. Build strength, power, and balance using your own body weight in this unique class. All fitness levels are welcome.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:55 <b>TRX Total Body</b> Matt K. <i>PROfusion Class</i>		6:00-6:55 <b>TRX Total Body</b> Matt K. <b>Advanced Class</b> <i>PROfusion Class</i>	5:00-5:55 <b>TRX Total Body</b> Ben S. <i>PROfusion Class</i>		10:00-10:55 <b>TRX Total Body</b> Dave M. <i>PROfusion Class</i>

*Members only. Ages 14 and older. If the minimum attendance is not met for a consecutive four weeks in any class it may be cancelled. We appreciate your understanding.*

**Purchase a punch card at the concierge desk.**

For more information, please contact: Dave Macaluso, (425) 869-4726, [dmacaluso@proclub.com](mailto:dmacaluso@proclub.com).

**PRO**  
*Sports Club*

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