

TRX Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:50am Evolution w/TRX - Jeff MACAC			
			8:00am Functional Circuit w/TRX - Felipe MACAC	10:30am Body Works Circuit w/TRX - Sue MAC for Women	9:30am TRX 30 Minute Blast - Angie MACAC
		10:15am Functional Circuit w/TRX - Felipe MACAC			
		5:00pm TRX w/a Kick - Carolina MACAC			
7:30pm TRX Circuit - Sue MAC for Women <i>Co-ed</i>	5:45pm Functional Circuit w/TRX - Felipe MACAC			5:00pm TRX Circuit - Carolina MACAC	
		7:30pm TRX Essentials Alice MAC for Women <i>Co-ed</i>			



Please sign up at the front desk for classes

The TRX is a suspension training system that uses your own body weight and gravity to strengthen muscles with hundreds of exercises. It helps you to build strength, balance, flexibility and core stability.

TRX 30 Minute Blast - Using the TRX training system and adding high-intensity easy to follow aerobic exercises designed to target fat loss, muscle building and heart fitness.

TRX Circuit – Using the TRX training system in a circuit type format to get the most out of your workout. No need to sign up for this class.

TRX w/a Kick – Using the TRX training system while incorporating some of your favorite kickboxing moves is guaranteed to kick start your heart!!

TRX & Core 30 Minute Blast – Using the TRX training system with focus on core stability, flexibility and balance in a short 30 minute workout will make you glad that you decided to go to the gym today.

Functional Circuit w/TRX – Using the TRX training system in a station format using function exercises to benefit your daily routine, no need to sign up for this class.

Evolution w/TRX – Using the TRX training system in an already challenging workout this class is only offered on Wednesday at 5:50am. No sign up necessary.