



balance  
coordination  
flexibility  
core and joint stability  
injury prevention

# TRX

## FREE CLASSES ARE AVAILABLE AT THESE FITNESS CENTERS:

GATEWAY	GILLUM	LTA MEDINA	WARHAWK
Monday, Wednesday, Friday ● 10 a.m. Tuesday & Thursday ● 9 a.m.	Monday ● 3:30 p.m. Tuesday ● 7 a.m. & 11 a.m. Wednesday ● 7 a.m. Thursday ● 7 a.m. & 4:30 p.m.	Monday, Wednesday, Friday, Saturday ● 7 a.m. Tuesday & Thursday ● 4:30 p.m.	Monday & Wednesday ● 11:30 a.m. & 4:30 p.m.



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