



TRX GROUP TRAINING - ARBORFIELD

8 SPOTS AVAILABLE

TUESDAY AND THURSDAY

5:00PM TO 6:00PM

5 WEEKS

SEPTEMBER 16th TO OCTOBER 16th 2014

\$150.00

TRAINING FOR ALL FITNESS LEVELS

ALL CLASSES HELD IN ARBORFIELD

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

www.trxtraining.com

Contact Carla, Certified TRX Group Instructor, at Body Reno Fitness

RESERVE YOUR SPOT TODAY

carlachicoine@gmail.com or call 1-306-500-2400