

TRX

Dynamic mix of body weight, strength and Interval training to push your body to the limit. This will be a 45 minute workout in a small group setting. You will take your body on a roller-coaster ride of muscle building, core defining, sweat dripping excitement and fun. Anyone can benefit from this form of suspension training. This is because you can control the level of resistance / difficulty by simply shifting the position of your body. To put it simply? You'll work **HARD** in this class and you're going to **LOVE** it!

