

# TRX Group Training: An Introduction to Suspension Training

Born in the U.S. Navy SEALs suspension training is a revolutionary method of leveraged bodyweight exercise.

The TRX allows you to safely perform numerous exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This class will introduce you to the basics of the TRX and allow you to see the benefits of doing a full body workout on one piece of equipment. \*This class will suit all abilities\*



**Time:** Mondays at 11:00am-  
11:45am

**Date:** September 20th –  
November 1st (No class Oct 11<sup>th</sup>)

**Location:** Studio B

**Group Size:** 6 Participants

**Instructor:** Julia

**Intro Price:** \$95 (actual price  
\$120)



Please register at the front desk or call (403)298-4757.

If you have any questions regarding this program please contact Julia Bonner at (403)298-4756 or [julia.bonner@brookfield.com](mailto:julia.bonner@brookfield.com)