



# Intro Offer: 10 Days Unlimited for 10\$

Book On MINDBODY: Salon, Spa & Fitness App

# MARCH

www.trxpilatesptbo.com  
trxpilatesptbo@gmail.com

SUN	MON	TUE	WED	THU	FRI
Ask about our 1:1 Personal Training	<b>MEMBERSHIPS INCLUDE PRE RECORDED VIRTUAL CLASSES</b>				<b>FOUNDATIONS 12 PM</b> <b>FEM FLOW 5:30 PM</b> <b>1 TRX STRETCH 6:30 PM</b>
3	4 <b>FOUNDATIONS 5 PM</b>	5 <b>TRX BOOTCAMP 9:30 AM</b> <b>TRX STRETCH 12 PM</b>	6	7 <b>HATHA YOGA 7:45 AM</b> <b>TRX BOOTCAMP 9:30 AM</b> <b>AERIAL CORE &amp; FLEXIBILITY 12 PM</b>	8 <b>FOUNDATIONS 12 PM</b> <b>TRX PILATES 5:30 PM</b> <b>AERIAL CORE &amp; FLEXIBILITY 6:30 PM</b>
10	11	12 <b>no classes</b>	13	14 <b>HATHA YOGA 7:45 AM</b> <b>BOOTCAMP 9:30 AM</b> <b>AERIAL CORE &amp; FLEXIBILITY 12 PM</b>	15 <b>FOUNDATIONS 12 PM</b> <b>TRX PILATES 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>
17	18 <b>FOUNDATIONS 5 PM</b>	19 <b>TRX BOOTCAMP 9:30 AM</b> <b>TRX STRETCH 12 PM</b>	20	21 <b>HATHA YOGA 7:45 AM</b> <b>BOOTCAMP 9:30 AM</b> <b>AERIAL CORE &amp; FLEXIBILITY 12 PM</b>	22 <b>FOUNDATIONS 12 PM</b> <b>TRX PILATES 5:30 PM</b> <b>AERIAL CORE &amp; FLEXIBILITY 6:30 PM</b>
24	25	26 <b>TRX BOOTCAMP 9:30 AM</b> <b>TRX STRETCH 12 PM</b>	27	28 <b>HATHA YOGA 7:45 AM</b> <b>BOOTCAMP 9:30 AM</b> <b>AERIAL CORE &amp; FLEXIBILITY 12 PM</b>	29 <b>FOUNDATIONS 12 PM</b> <b>AERIAL CORE &amp; FLEXIBILITY 5:30 PM</b> <b>TRX STRETCH 6:30 PM</b>
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**TRX PILATES**  
*Strength & Conditioning*  
Flexibility training, power planks, modified handstands, conditioning drills, and balance work.

**TRX STRETCH**  
*Flexibility & Stress Reduction*  
Become mobile with dynamic stretches, relaxation techniques, fascial foam rolling and suspension stretches to restore the body, improve mobility and calm the mind.

**FOUNDATIONS**  
*Posture & Form*  
Get started off right & avoid injury with our integrative step to wellness that consists of strengthening, flexibility training, learning proper form, and pelvic floor / core stabilization.

**CARDIO BOOTCAMP**  
*Cardio & Full Body Conditioning*  
Circuit training that will keep your heart rate up to burn fat and increase your stamina. This class is a great way to get fit while you connect with others. Modifications for all levels of fitness.

**AERIAL TRX CORE & FLEXIBILITY**  
*Mobility, Pelvic Floor, Spine Release*  
Core work, flexibility training, and low inversions that increase blood flow and reduce back and neck pain.

**FEM FLOW**  
*Sensual Movement Choreography*  
A sensual movement class and a fun / sexy workout. An ultimate expression of strength, sensuality, and femininity.

**HATHA YOGA**  
*Body Connection*  
Stay intentional in a busy world. Hatha yoga class to calm your mind, move your body and discover your own inherent wisdom with Laura Kennedy.

**HATHA YOGA 10 AM**  
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**30 Day Unlimited Membership \$ 99**

**10 CLASS PASS = 200\$**

**Platinum Membership 84.55\$**  
Renews Monthly