



819-230-5747

APRIL

Intro Offer: 10 Days Unlimited for 10\$

Book On MINDBODY: Salon, Spa & Fitness App

www.trxpilatesptbo.com
trxpilatesptbo@gmail.com

**30 Day Unlimited
Memebership
\$ 99**

10 CLASS PASS = 200\$

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	FITNESS FOUNDATIONS 6 PM 1	CURCUIT 9:30 AM TRX STRETCH 12 PM 2	3	HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM 4	FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM 5	6
7	8	CURCUIT 9:30 AM TRX STRETCH 12 PM 9	10	HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM 11	FOUNDATIONS 12 PM TRX YOGA 6:30 PM 12	13
14	CORE FOUNDATIONS 6 PM 15	CURCUIT 9:30 AM TRX STRETCH 12 PM 16	17	HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM 18	FOUNDATIONS 12 PM TRX PILATES 5:30 PM AERIAL CORE & FLEXIBITY 6:30 PM 19	20
21	22	CURCUIT 9:30 AM 23	24	HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM 25	FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX YOGA 6:30 PM 26	HATHA YOGA 10 AM 27
28	CORE FOUNDATIONS 6 PM 29	CURCUIT 9:30 AM TRX STRETCH 12 PM 30		Platinum Membership 84.55\$ Renews Monthly		

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.

FITNESS 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 core stabilization.

CIRCUIT

Cardio & Full Body Conditioning

Circuit training that will keep your heart rate up to burn fat and increase your stamina.

AERIAL TRX CORE & FLEXIBILITY

Mobility, Core, Spine Release

Core work, flexibility training, and low inversions that increase blood flow and reduce back and neck pain.

TRX YOGA

A New World Of Yoga

Enhance your yoga practice with the assistance and stylish support given by the TRX suspension Trainer.

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.

CORE FOUNDATIONS

Deep Core & Pelvic Floor

A series of core exercises and techniques using the TRX and pilates ball. Participants will work towards improving abdominal stability and strength.