



819-230-5747

**30 Day Unlimited  
Membership  
\$ 99**

**10 CLASS PASS = 200\$**

**Platinum Membership  
84.55\$**

**Renews Monthly FOR 12 MONTHS**

**Intro Offer: 10 Days Unlimited for 10\$**

Book On MINDBODY: Salon, Spa & Fitness App

**MAY**

www.trxpilatesptbo.com  
trxpilatesptbo@gmail.com

**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.

MON	TUE	WED	THU	FRI	SAT
		1	HATHA YOGA 7:45 AM CURCUIT 9:30 AM 2 AERIAL CORE & FLEXIBITY 12 PM	FOUNDATIONS 12 PM TRX PILATES 5:30 PM 3 TRX STRETCH 6:30 PM	4
6 CORE FOUNDATIONS 5:00 PM	7 CURCUIT 9:30 AM TRX STRETCH 12 PM	8	9 HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	10 FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX YOGA 6:30 PM	11
13 CORE FOUNDATIONS 5:00 PM	14 CURCUIT 9:30 AM TRX STRETCH 12 PM	15	16 HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	17 FOUNDATIONS 12 PM AERIAL CORE & FLEXIBILITY 5:30 PM TRX STRETCH 6:30 PM	18 family fitness kids 0-12 welcome 10 AM
20 FOUNDATIONS 5:00 PM TRX STRETCH 6:00 PM	21	22	23 HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	24 FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX YOGA 6:30 PM	25 HATHA YOGA 10 AM
27 private party no classes	28 CURCUIT 9:30 AM TRX STRETCH 12 PM	29	30 HATHA YOGA 7:45 AM CURCUIT 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	31 FOUNDATIONS 12 PM TRX PILATES 5:30 PM PUB NIGHT	