

---

STRONG CONFIDENT CAPABLE

# TRX PILATES CLASSES

## TRX PILATES

Friday @ 5:30 PM

High Intensity  
Power planks, TRX, Pilates, conditioning,  
Modified hand stands - 60 mins

## TRX FUSION

Thursday @ 12:00 PM  
Friday @ 5:30 PM Monthly

Medium Intensity  
Core, Barre, TRX Pilates , Aerial Yoga,  
TRX Flexibility - 45 min & 60 min classes

## TRX YOGA STRETCH & ROLL

Tuesdays @ 12:00 PM  
Friday @ 6:30 PM

Low Intensity  
Foam Rolling, flexibility, yoga, aroma  
therapy - 60 mins

## CIRCUIT FIRE

Tuesday & Thursday @ 9:30 AM

Medium - High Intensity  
A lighter weight circuit for less impact.  
Stations for cardio, strength &  
conditioning - 60 min

## TRX YOGA

SUNDAY @ 12 PM

Light - Medium Intensity

Yoga using the TRX Straps  
Monthly with Jodie - 60 mins

## CORE FOUNDATIONS

Monday @ 5:30 PM

Medium - High Intensity  
Core, mobility, pelvic floor, full body Pilates &  
TRX - 60 mins

## STRENGTH FOUNDATIONS

Friday @ 12:00 PM

Medium Intensity  
Proper form, body awareness,  
strengthening muscles and joints  
- 60 mins

## WARM PILATES

Saturday @ 10:00 AM

Medium Intensity  
Cozy Core Warm Pilates class! Held in a  
gently heated room at 70-75°F,  
- 60 min

---

WWW.TRXPILATESPTBO.COM

---