



819-230-5747

www.trxpilatesptbo.com  
trxpilatesptbo@gmail.com

# October 2023

ALL CLASSES ARE 60 MINUTES LONG

MON	TUE	WED	THU	FRI	SAT	SUN
25	26	27	28	29	30	1
2 TRX FOUNDATIONS 5:00 PM	3 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	4	5 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM	6 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	7	
9	10 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	11	12 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM	13 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM FEM FLOW 8 PM	14	
16 TRX FOUNDATIONS 5:00 PM	17 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	18	19 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM	20 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	21	
23	24 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	25	26 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM	27 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM FEM FLOW 8 PM	28	
30 TRX FOUNDATIONS 5:00 PM	31	1	2	3	4	

**TRX PILATES**  
*Total Body Toning*  
Flexibility training, power planks, modified handstands, conditioning drills, and balance work.

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

**TRX FOUNDATIONS**  
*Build Your Fitness Foundation*  
Heal & avoid injury with our integrative step to wellness that consists of strengthening, flexibility training, learning proper form, and core stabilization..

**TRX BOOTCAMP**  
*Burn Fat & Make Friends*  
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**  
*Core & Flexibility*  
Core work, flexibility training, and inversions that increase blood flow and reduce back and neck pain.

**FEM FLOW**  
*Sexy & Fun*  
A sensual movement class and a fun and sexy workout. An ultimate expression of strength, sensuality, and femininity.

**HATHA YOGA**  
*Move & Connect*  
Stay intentional in a busy world. Gentle hatha yoga class to calm your mind, move your body and discover your own inherent wisdom with Laura Kennedy.