




Ask about our 1:1
Personal Training

December 2023

6 Classes = 15\$ Per Class
in studio & pre recorded classes
**30 Day Unlimited
Membership
\$ 89**

**MEMBERSHIPS
INCLUDE
PRE RECORDED
VIRTUAL CLASSES**

MON	TUE	WED	THU	FRI	SAT	SUN
<p>Drop In 25\$ 10 class pass 200\$ some pole dance classes included in 10 class pass</p>			30	1	<p>TRX PILATES <i>Strength & Conditioning</i> Flexibility training, power planks, modified handstands, conditioning drills, and balance work.</p> <p>TRX STRETCH <i>Flexibility & Stress Reduction</i> Become mobile with dynamic stretches, relaxation techniques, fascial foam rolling and suspension stretches to restore the body, improve mobility and calm the mind.</p> <p>TRX FOUNDATIONS <i>Posture & Form</i> Get started off right & avoid injury with our integrative step to wellness that consists of strengthening, flexibility training, learning proper form, and pevic floor / core stabilization.</p> <p>TRX CARDIO BOOTCAMP <i>Cardio & Full Body Conditioning</i> 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.</p> <p>AERIAL TRX CORE & FLEXIBILITY <i>Mobility, Pelvic Floor, Spine Release</i> Core work, flexibility training, and low inversions that increase blood flow and reduce back and neck pain.</p> <p>FEM FLOW <i>Sensual Movement Choreography</i> A sensual movement class and a fun / sexy workout. An ultimate expression of strength, sensuality, and femininity.</p> <p>HATHA YOGA <i>Gentle Movement & Body Connection</i> 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.</p>	
4	5 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	6	7 HATHA YOGA 7:45 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	8 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM		
11 TRX FOUNDATIONS 5:00 PM	12 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	13	14 HATHA YOGA 7:45 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	15 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM		
18	19 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	20	21 HATHA YOGA 7:45 AM TRX BOOTCAMP 9:30 AM AERIAL CORE & FLEXIBITY 12 PM	22 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM		
25 	26 CHRISTMAS	27	28 HATHA YOGA 7:45 AM	29 TRX FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM		
<p>www.trxpilatesptbo.com trxpilatesptbo@gmail.com</p>			<p>in studio & pre recorded classes Platinum Membership / Renews Monthly \$ 84.55</p>			