



819-230-5747

Platinum Membership
84.55\$
 Renews Monthly FOR 12 MONTHS

30 Day Unlimited
Membership
\$ 99

10 CLASS PASS = 200\$

Intro Offer: 10 Days Unlimited for 10\$

Book On MINDBODY: Salon, Spa & Fitness App

www.trxpilatesptbo.com
 trxpilatesptbo@gmail.com

JUNE

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 |
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| | | | | | | 1 |
| | 3 Private Class / Party | 4 CURCUIT 9:30 AM TRX STRETCH 12 PM | 5 | 6 CURCUIT 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM | 7 FOUNDATIONS 12 PM AERIAL TRX 5:30 PM TRX YOGA 6:30 PM | 8 |
| | 10 CORE FOUNDATIONS 5:00 PM | 11 | 12 | 13 CURCUIT 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM | 14 FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM | 15 |
| | 17 FOUNDATIONS 5:00 PM TRX STRETCH 6:00 PM | 18 CURCUIT 9:30 AM TRX STRETCH 12 PM | 19 | 20 CURCUIT 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM | 21 FOUNDATIONS 12 PM TRX PILATES 5:30 PM AERIAL TRX 6:30 PM | 22 |
| | 24 CORE FOUNDATIONS 5:00 PM | 25 CURCUIT 9:30 AM TRX STRETCH 12 PM | 26 | 27 CURCUIT 9:30 AM AERIAL CORE & FLEXIBILITY 12 PM | 28 FOUNDATIONS 12 PM TRX PILATES 5:30 PM TRX YOGA 6:30 PM | 29 |
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