



SEPTEMBER 2023

ALL CLASSES ARE 60 MINUTES LONG

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	1 TRX PILATES 5:30 PM TRX STRETCH 6:30 PM AERIAL TRX 8 PM	2	
4	5 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	6	7 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM	8 TRX LITE 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	9	
11	12 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	13	14 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM TRX LITE 12 PM	15 TRX LITE 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	16	
18 FEM FLOW 5:30 PM TRX STRETCH 6:30 PM	19 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	20	21 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM AERIAL TRX 12 PM	22 TRX LITE 12 PM TRX PILATES 5:30 PM TRX STRETCH 6:30 PM FEM FLOW 8 PM	23	
25	26 TRX BOOTCAMP 9:30 AM TRX STRETCH 12 PM	27	28 HATHA YOGA 7 AM TRX BOOTCAMP 9:30 AM TRX LITE 12 PM	29 TRX LITE 12 PM TRX PILATES OPEN HOUSE 5:30 PM - 7:30 PM	30	
2	3	4	5	6	7	

TRX PILATES
Challenge Yourself
In this 60 minute class we challenge ourselves with power planks, handstands, conditioning drills, and balance work. The

TRX STRETCH
Restore & Relax
This 60 minute class is a combination of dynamic stretches, fascial foam rolling and TRX stretches to restore the body and the mind. We include aroma therapy, relaxing music, and breathwork. When the body is restored, it is capable of doing and achieving more.

TRX LITE
Build Your Fitness Foundation
This 60 minute class is an integrative step to wellness that consists of stretching and strengthening while we learn proper form, core stabilization, and lite fitness movements to get us back in shape safely.

TRX BOOTCAMP
Heart Rate Elevation
In this 60 minute original TRX Bootcamp style class, we modify and incorporate interval training, circuits, and continuous strength & conditioning for all levels of fitness.

AERIAL TRX
Trust & Strength
In this 60 min core and flexibility class, we use the TRX Straps for hanging postures and inversions.

FEM FLOW
Sexy & Fun
This 60 min sensual movement class is a fun and sexy workout. We use our core and full body while we learn some exotic jazz, belly dance, floor and chair moves. 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.