

TRX PILATES PETERBOROUGH

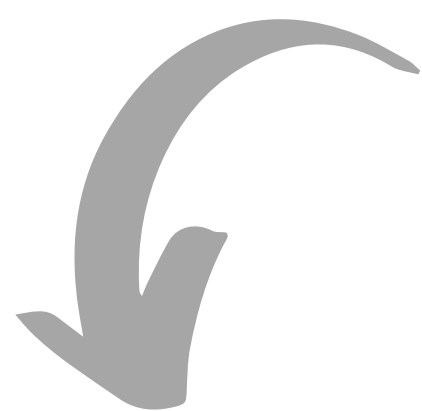


819-230-5747

FROM COUCH TO MOBILE

3 WEEKS / 1-2 CLASSES PER WEEK

GAIN PELVIC FLOOR & JOINT STABILITY
PAIN RELIEF
IMPROVE POSTURE
GAIN FLEXIBILITY



PILATES WITH THE TRX STRAPS

1.
ELEVATE YOUR POSTURE
WITH OUR STRAPS &
HANDLES, PROVIDING
SUPPORT THROUGH EVERY
MOVEMENT TO MAINTAIN
AND ENHANCE POSTURE.

2.
EXPERIENCE
CONTINUOUS ACTIVATION
OF YOUR CORE AND
STABILIZERS THANKS TO
THE TARGETED TENSION
IN OUR STRAPS.

3.
OUR STRAPS FACILITATE
DEEPER STRETCHES AND
SIMULTANEOUSLY
STRENGTHEN ALL MUSCLE
GROUPS, ENHANCING
YOUR OVERALL FITNESS.

FROM MOBILE TO STRONG

4 WEEKS / 2 CLASSES PER WEEK

GAIN STRENGTH
TONE
TRANSFORM YOUR BODY



FROM STRONG TO FIT & BALANCED

4-6 WEEKS / 2-3 CLASSES PER WEEK

RENEWED ENERGY
GAIN CONFIDENCE
ENJOY HEALTHY HABITS
IN A THRIVING COMMUNITY

GET STARTED HERE

