

# NOVEMBER 2023

MON	TUE	WED	THU	FRI	SAT	SUN
31	TRX BOOTCAMP 9:30 AM  TRX STRETCH 12 PM	1	2 TRX BOOTCAMP 9:30 AM  AERIAL CORE & FLEXIBILITY 12 PM	3 TRADE SHOW  LADIES NOIGHT OUT  THE VENUE PETERBOROUGH	4	<p><b>TRX PILATES</b> <i>Strength &amp; Conditioning</i> Flexibility training, power planks, modified handstands, conditioning drills, and balance work.</p> <p><b>TRX STRETCH</b> <i>Flexibility &amp; 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><b>TRX FOUNDATIONS</b> <i>Posture &amp; Form</i> Get started off right &amp; avoid injury with our integrative step to wellness that consists of strengthening, flexibility training, learning proper form, and pevic floor / core stabilization.</p> <p><b>TRX BOOTCAMP</b> <i>Cardio &amp; 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><b>AERIAL TRX CORE &amp; FLEXIBILITY</b> <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><b>FEM FLOW</b> <i>Sensual Movement Choreography</i> A sensual movement class and a fun / sexy workout. An ultimate expression of strength, sensuality, and femininity.</p> <p><b>HATHA YOGA</b> <i>Gentle Movement &amp; 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>
6	7 TRX BOOTCAMP 9:30 AM  TRX STRETCH 12 PM	8	9 TRX BOOTCAMP 9:30 AM  AERIAL CORE & FLEXIBILITY 12 PM	10 TRX FOUNDATIONS 12 PM  TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	11	
13	14 TRX BOOTCAMP 9:30 AM  TRX STRETCH 12 PM	15	16 TRX BOOTCAMP 9:30 AM  AERIAL CORE & FLEXIBILITY 12 PM	17 TRX FOUNDATIONS 12 PM  TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	18	
20	21 TRX BOOTCAMP 9:30 AM  TRX STRETCH 12 PM	22	23 HATHA YOGA <del>TRX BOOTCAMP</del> 9:30 AM  AERIAL CORE & FLEXIBILITY 12 PM	24 TRX FOUNDATIONS 12 PM  TRX PILATES 5:30 PM TRX STRETCH 6:30 PM FEM FLOW 8 PM	25	
27	28 TRX BOOTCAMP 9:30 AM  TRX STRETCH 12 PM	29	30 HATHA YOGA 7:45 AM  TRX BOOTCAMP 9:30 AM  AERIAL CORE & FLEXIBILITY 12 PM	2 TRX FOUNDATIONS 12 PM  TRX PILATES 5:30 PM TRX STRETCH 6:30 PM	3	
5	6	7	8	9	10	

[www.trxpilatesptbo.com](http://www.trxpilatesptbo.com)  
[trxpilatesptbo@gmail.com](mailto:trxpilatesptbo@gmail.com)