
STRONG CONFIDENT CAPABLE

TRX PILATES

CLASSES

TRX PILATES

Friday @ 5:30 PM

High Intensity
Power planks, TRX, Pilates, conditioning,
Modified hand stands - 60 mins

TRX FUSION

Thursday @ 12:00 PM
Friday @ 5:30 PM Monthly

Medium Intensity
Core, Barre, TRX Pilates , Aerial Yoga,
TRX Flexibility - 45 min & 60 min classes

TRX STRETCH

Tuesdays @ 12:00 PM
Friday @ 6:30 PM

Low Intensity
Foam Rolling, flexibility, yoga, aroma
therapy - 60 mins

CIRCUIT FIRE

Tuesday & Thursday @ 9:30 AM

Medium - High Intensity
A lighter weight circuit for less impact.
Stations for cardio, strength &
conditioning - 60 min

TRX YOGA

SUNDAY @ 12 PM

Light - Medium Intensity

Yoga using the TRX Straps
Monthly with Jodie - 60 mins

CORE FOUNDATIONS

Monday @ 5:30 PM

Medium - High Intensity
Core, mobility, pelvic floor, full body Pilates &
TRX - 60 mins

STRENGTH FOUNDATIONS

Friday @ 12:00 PM

Medium Intensity
Proper form, body awareness,
strengthening muscles and joints
- 60 mins

WARM PILATES

Saturday @ 10:00 AM

Medium Intensity
Cozy Core Warm Pilates class! Held in a
gently heated room at 70-75°F,
- 60 min