



TRX FUNDAMENTALS OF FORM

Suspension Training

Morgan Family Community Center

6207 West Price Blvd.



TRX suspension training uses a collection of unique body weight exercise movements along with a training device that attaches to a single point that provides an ideal mix of support and freedom to train an individual's strength, flexibility, power and core all at once. The intensity of the exercise increases with the individual's level of fitness and ability. This 6-week course focuses on the fundamentals of TRX in order to build a strong foundation of the correct body positions needed to perform TRX exercises. Please wear comfortable clothing and closed toed shoes, bring water and a towel. **Space is limited. Advance registration required.**

Ages: 16 & Up

Fee: \$60 per session

Schedule: W/F 7:15pm-8:15pm 7/27-9/2

Location: Morgan Center



For more information please visit www.cityofnorthport.com or call 429-7275.

