



TRX

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. This 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. 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

Session 1: 9/7-9/27

Session 2: 10/7-10/28

Session 3: 11/2-12-2

Location: Morgan Center



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

