

“TRX Training”

with the

Suspension Trainer

Classes Offered

Mondays 5:30 pm – 6:30 pm

Tuesdays 8:00 – 9:00 am

Wednesdays 12:00 pm – 1:00 pm

Fridays 10:00 – 11:00 am

11:00 am – 12:00 pm

Members - \$10/class

Non-members - \$15/class

Only four participants per class.

Be one of the first to experience this new workout offered by the CCBA.



Certified TRX Instructors
Patti Friedman & Larry Ruffing



MAKE YOUR BODY YOUR MACHINE
*** TRX SUSPENSION TRAINING ***
THE ULTIMATE TOTAL BODY WORKOUT

For more information call 603-448-6477