



TRX

WITH TRISTA

SMALL GROUP TRAINING

**MONDAYS &
WEDNESDAYS**

12:00 - 12:45pm



Are you ready for an exhilarating and dynamic workout? TRX Suspension training uses leveraged bodyweight exercises to build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

ALL LEVELS ARE WELCOME!

GPT RATES APPLY.

Contact Trista Park for more info or to sign up: 707.291.9287 or tristap@airportclub.com