

TRAXFIT

SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM TOTAL BODY S&C		6:00-7:00 AM TRX KETTLEBELL		
EVENING CLASSES					
				<ul style="list-style-type: none"> ➤ \$15 per class – Members ➤ \$20 per class – Non-Members ➤ Require 4 members per class to run class daily. ➤ Classes may be cancelled due to lack of registration 6 hours prior to class time. ➤ No Shows will be charged class session. 6-hour cancellation policy ➤ Sessions expire 30 days from purchase. <p style="text-align: center;">*This is an additional cost.</p> <p>*Not included in your membership</p>	
	6:00-7:00 PM FIT, FIERCE, FUN Strength/HIIT		6:00-7:00 PM FIT, FIERCE, FUN Strength/HIIT		

TRAXFIT: Small Group Class Descriptions

TRX KETTLEBELL

Using TRX suspension trainers and kettlebells of various weights, you will be challenged through strength, power, endurance to gain, cardiovascular health, and muscular strength.

FIT, FIERCE, FUN/STRENGTH/HIIT

60 minutes of intense cardio, martial arts, and HIIT inspired training program that includes partner and team paring.