

# TRX

## Suspension Training

*In The Loft*

*Pop-Up Small Group Training  
w/ Paula Meyer NASM Cert. PT*



### Thursday, 5/9 @ 7:15am



**\*\* ONLINE SIGN-UPS ONLY \*\***  
at [MyiClubOnline.com](http://MyiClubOnline.com)

**\$15 per Session or ...**  
**Buy an SGT 10-Pack for \$140**  
**(\$14/Session)**

See Membership for More Information  
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