

TRX

Suspension Training *In The Loft*

Small Group Training
w/ Paula Meyer NASM Cert. PT



Mondays in April @ 9:30am (Excludes 4/21)

New to TRX? Please arrive 10 minutes early



**** ONLINE SIGN-UPS ONLY ****
at MyiClubOnline.com

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

See Membership for More Information
www.FitnessWorksMB.com (805) 772-7466