

GROUP EXERCISE SCHEDULE

TRX STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					9:30 - 10:15 a.m. TRX Pilar	
6:30 - 7:15 p.m. TRX Pilar	6:30 - 7:15 p.m. TRX Pilar	6:30 - 7:15 p.m. TRX Christina A.	6:30 - 7:15 p.m. TRX Pilar			



Lakeridge Athletic Club

6350 San Pablo Dam Road El Sobrante, CA. 94803 510-222-2500

CLASS DESCRIPTIONS

TRX (ALL LEVELS)

Developed by Navy Seals, TRX Suspension Training allows you to use your own body weight and gravity as resistance putting you in control to safely increase or decrease the resistance. The TRX straps let you combine and recreate entire body movements and motions that functionally engage your core and other major muscle groups involved in specific movements. This flexibility allows users of any fitness level to make progress.

Please let your instructor know if you are taking a class for the first time!