

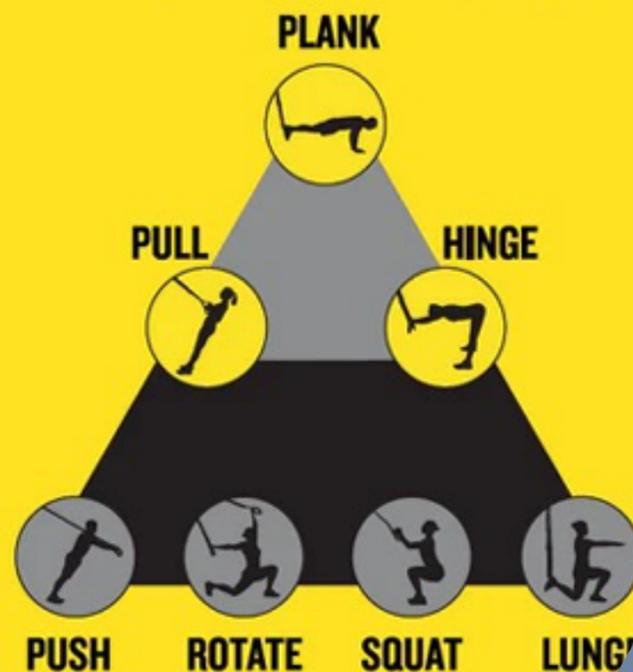
Warm up with **TRX** Classes Tuesdays @ 4:30

TRX training uses adjustable suspension straps and body weight to build total body strength, balance, and core stability, which benefits athletes by improving functional movement and targeting deep stabilizing muscles that machines often miss. The versatility of TRX allows for sport-specific training by adjusting strap lengths and body position to increase or decrease intensity, challenging different muscle groups and improving performance in various sports by enhancing coordination, flexibility, and endurance.



TRX FOUNDATIONAL MOVEMENTS

SET THE STANDARDS



How TRX Training Benefits Athletes:

- TRX engages your entire body, improving strength, endurance, and coordination in a way that mimics functional movements required in sports.
- The unstable nature of TRX challenges and strengthens deep core muscles and stabilizers, which are crucial for preventing injury and improving athletic performance.
- You can adjust the angle and body position for each exercise to tailor your workout to your sport.

Join Gary on Tuesdays at 4:30 pm for a 1-hour class. Improve your mobility and strength for sports like **Pickleball, Tennis, Handball, Racquetball, Squash, and Golf.**

The TRX studio is located directly across from the Pickleball courts in the main building where the Squash courts, Basketball Training are located