

TOTAL BODY RESISTANCE EXERCISE



What is TRX? TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Monday - 12:00pm with *Tara Hendrickson*
Tuesday - 10:00am with *Brad Elliott*
Wednesday - 12:00pm with *Tara Hendrickson*
Thursday - 10:00am with *Brad Elliott*
Thursday - 5:30pm with *Katie Munion*
Friday - 6:30am with *Mark Dollerschell*

All Classes are 30 minutes and will be held in the Multi-purpose room.

FREE classes will start July 12th. Regular sessions will begin August 2nd. Sign up now and reserve your spot.

- Must sign up at Front Desk
- Sessions begin at the start of each month
- \$20 per Month for each time slot
- Limit 6 participants



Contact: Kelly Kisell
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Get fit. Feel better. Have fun.