

NA'AU Fitness at EAC

Introducing TRX Fusion Small Group Training Class



The **TRX Suspension training system** offers a wide range of body weight training movements using the whole body from a single anchor point. It is adaptable, functional, and appropriate for all fitness levels.

The TRX provides a perfect combination to increase strength, muscular endurance, power, core stability, and flexibility while working with varying resistance.

TRX Fusion is a 60 minute circuit style workout that integrates the use of Kettlebells, Heavy Rope, Jump Rope, and TRX RIP trainer with the TRX Suspension trainer.

Come join us for this fun, energizing, strength building class.

Class Dates: January 3rd - March 7th, 2015

(no class on January 17th and February 7th)

Time: 9am - 10am

Where: Ballroom on the Rogue Infinity Rack

Registration Fee: \$168.00

To register call: 773-266-4058

E-mail: naaufitness@gmail.com

Website: www.naaufitness.com

Register today! Limited space available.