CLASS DESCRIPTION

**Beginner TRX--- DAVID LEARD:**

This class emphasis is on the basic movements of daily activities including the squat, pull, push and rotation in a small group format. It’s the closest thing to Personal Training without the expense. Considerable time is spent on proper form while exploring modifications and progressions of these basic movements. You may progress to intermediate class quickly or continue in beginners as long as you'd like.

**Advanced TRX--- DAVID LEARD:**

This class offers the opportunity to "amp" up the pace. Participants challenge each other with more and more progressive exercises. Expect strength movements combined with cardiovascular emphasis. Bring a towel and water bottle. You'll need them both.

**TRX--- DAVID LEARD:**

This class emphasis is on progression movements with faster paced routines. The focus is on routines that emphasize strength base movements along with cardiovascular endurance. Core strength is emphasized in each exercise. Balance work will also be included. The exercises and routines will include more and more compound muscle movements.

**EXPIERENCED TRX---TAMY WHITE:**

This TRX class is a very fast paced, intense class and is comprised of stations with participants moving from station to station and preforming each exercise for 45 secs. The class is one full hour with a brief warm up, TRX, Kettlebell and Slam Ball exercises and a cool down. It is recommended for those who have completed several Experienced or Advanced TRX classes and who have no known injuries. You must be able to preform planks in the straps and move somewhat quickly. The goal of this intense class is to increase strength, core fitness and endurance.