



Trax Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Metamorphosis Boot Camp 10:00am-11:00am with Danielle		Metamorphosis Boot Camp 10:00am-11:00am with Danielle		
Lose2Win 12:00pm-1:00pm with Carl		Lose2Win 12:00pm-1:00pm with Carl			
	Tough Sweat 4:30pm-5:30pm with Carl		Tough Sweat 4:30pm-5:30pm with Carl		
			TRX 5:00pm-6:00pm with Liddy		



TRX with Liddy

TRX delivers results with dynamic total body exercises that build strength, balance, flexibility, and core stability with hundreds of functional exercises.

\$90.00 for members, \$120.00 for non-members. One day per week. Six-week Commitment.

Tough Sweat with Carl

If you are looking for a fun, interactive way to reach your health and fitness goals this is the class for you. Which includes Individualized exercises for your fitness level.

\$180.00 for members, \$240.00 for non-members. Two days per week. Six-week Commitment.

Metamorphosis Boot Camp with Danielle

Do you want results? Then join the Ultimate Program that gets you results every single time.

\$120.00 for members, \$160.00 for non-members. Two days per week. Four-week commitment.

Lose 2 Win with Carl

Excellent class for beginners, looking to stay motivated and held accountable to reach their weight loss goal. A safe and challenging way to burn calories and speed up your metabolism.

\$180.00 for members, \$240.00 for non-members. Two days per week. Six-week commitment.

Each class averages to \$15 per class for member, \$20 per class for non-members.