



TRX

Suspension Training



TRX Training

Description:

This TRX Training includes exercises to develop strength, power, balance, mobility and core stability.

Equipment used:

TRX Suspension Trainer and RIP Trainer. The Suspension Trainer leverages gravity and the user's body weight to complete the exercise. The RIP Trainer allows users to engage in unlimited movements which can enhance fluidity and range of motion and decrease risk of injury.

Location: Gymnasium

Day: Thursdays @ 5:30 PM ,
Saturdays @ 9AM

Price: \$39

Trainers: Jordan Dyer and
Rachel Royer (rotating
Saturdays) Hunter Walls
(Thursdays)

Sign Up: At the front desk
of LIFT

More information:

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