

health &  
wellness

at the  
Sabes JCC



# TRX Training 60+

*Instructor: Heidi Weinberg*

**DAY/TIME:** Thursdays • 10 - 10:45 AM

**LOCATION:** Sabes JCC Functional Training Room

**COST:** \$94 • \$72 Member Value Price

**SESSIONS:**

1: March 14 - April 25

2: May 9 - June 13th

The TRX suspension trainer challenges the core, stability and balance. With regular practice using the TRX, incorporating dynamic movements makes this an excellent training tool to make activities of daily living easier.

The TRX Suspension Trainer is a workout system that leverages gravity and your bodyweight to perform various exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

**Questions?** Please contact Heidi Weinberg at [hweinberg@sabesjcc.org](mailto:hweinberg@sabesjcc.org) or 952-381-3378.

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