

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: \$62 • \$48 Member Value Price

FALL 2019 SESSIONS:

1: September 9 - October 6

2: October 7 - November 3

3: November 4 - December 1 *(no class 11/28, make up that week)*

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 or 952-381-3378.

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