



TRX[®] Circuit

Join this 4-week series utilizing the TRX[®] suspension trainer and other equipment to exercise the whole body.

This class will include cardio, strength, and flexibility training with a special emphasis on functional movements and core activation.

We have the ability to modify this class for all intensity levels so all are welcome!

*Minimum 4, maximum 12 participants. Face coverings are required, may be removed while actively exercising and maintaining social distancing. **Registration is required.***

Day: Mondays
Dates: April 5 – 26
Time: 12:15 – 1 p.m.
Location: Fitness Floor
Cost: Members \$20,
Non-members \$40
Instructor: Sadie Engelken

For more information, visit the Member Services desk or call 515-226-9622.

**Register online or at the
Member Services desk
by March 29.**