



# TRX<sup>®</sup> Circuit

Join this 4-week series utilizing the TRX<sup>®</sup> 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.***

## OPEN TO THE COMMUNITY.

- Day:** Mondays  
**Dates:** May 3 – 24  
**Time:** 12 – 12:45 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.**