

TRX[®] FUSION GRAVITY BOOT CAMP



This class will get you moving and push you to your limits! A fun challenging, high intensity, circuit-style workout that combines exercises using the following:

TRX[®] Suspension System | Gravity[™] | BOSU

Plyometric/Sports Agility Drills | Jumping Rope

Get ready to sweat, strengthen your body, increase cardiovascular endurance, and have fun!

Monday | 6:30 am
Tuesday | 6:45 pm
Wednesday | 6:30 am

West Lobby | \$15 per class | Class limited to 4 participants!

CLASSES MAY BE PURCHASED AT THE REGISTRATION DESK OR COURTESY COUNTER IN THE MAIN LOBBY

For more information, please contact Carrie Myers at 760.942.9622 x1823 or cmyers@ymca.org.