



POP-UP TRX CLASSES

Come join Gabby in our 2-week popup TRX class, where you will learn flexibility, core strength, and body weight exercise using the TRX. This is a great way to get introduced to TRX training, or get a jumpstart on a new routine in the New Year!



IRONWORKS BRANCH
501 Third St.
Beloit, WI 53511

NO COST TO MEMBERS.
Registration required.

8:00AM

DECEMBER 2022

SUNDAY 18	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24
SUNDAY 25	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31