



I'M BAAACK!

TRX HAS RETURNED
TO THE Y!

IRONWORKS BRANCH

501 Third St.
Beloit, WI 53511

Small Multi-Purpose Room

This class is for various levels of fitness. The instructor will offer modifications during class as needed.

All TRX Classes and Demos are limited to 12 participants. Registration is required.

DEMO DAYS
LEARN THE BASICS!

JAN. SATURDAY 28 @ 9 AM
FEB. SATURDAY 4 @ 9 AM

REGULAR CLASSES

STARTING FEB. 6TH!

MON. WED. FRI. @ 4:30 PM
TRX

SUN. @ 9:30 AM
TRX YOGA