

TRX® Suspension Training®

Make your body your machine

Experience It Here!



TRX Suspension Training exercises build total body strength, balance, flexibility and core stability for people of all fitness levels.

6 Weeks: Feb. 27 - Apr. 3, 2010

1 Hour Sessions

Instructor: Kim Sweeney
Mondays 12pm or Saturdays 9:30am
\$120 Members, \$180 Non-members

1/2 Hour Sessions

Instructor: Monica Billard
Fridays 9:30am or Fridays 10:30am
\$85 Members; \$135 Non-members



For more information, call **781.585.3883**

Registration Form - TRX Suspension Training

Participant _____

Parent's Name (if under 18) _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: All Inclusive Other Member Non-Member

Payment Method: House Charge Check

Credit Card Type/Card Number _____ Exp.Date _____

Select Training Group Option:

1 Hour: Monday 12pm Saturday 9:30am

1/2 Hour: Friday 9:30am Friday 10:30am

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant's Signature: _____ Date _____

Parent's Signature: _____ Date _____