

New Workout every week!

Come try out our new suspension training program!!!

January 23- March 1st
2012

TRX Training With Wendy!

Monday and Thursday
evenings @ 7:30pm

**Are you tired of your
same old lifting routine?**

**Looking for a more
challenging way to work-
out?**

This 6week program will be taught and supervised by Wendy Madar, certified personal trainer and TRX instructor!

To sign up you must be an advanced exerciser ...

NO EXCEPTIONS!

**\$10 to
Sign up**



Sign up at the front Desk. Space is limited

Contact Stacey for info: stacey@ftclub.net

