Mission Viejo

TRX

With Jadon Pollard & Ashley Kelley

Monday / Wednesday 5:30 - 6:30 pm
Tuesday / Thursday 5:30 - 6:30 pm

Tuesday / Thursday 8:30 - 9:30 am
Thursday (Noon) / Saturday (7:30 am)

Register today! Space is limited.
Members: $49 / Non-Members: $99

Jadon Pollard

Dec. 12 - Jan. 18 / Course #4726 Mon/Wed PM
Dec. 13 - Jan. 12 / Course #4728 Tues/Thurs PM
Jan. 30 - Mar. 1 / Course #4727 Mon/Wed PM
Jan. 24. - Feb. 23 / Course #4729 Tues/Thurs PM

Ashley Kelley

Dec. 13 - Jan. 12 / Course #4989 Tues/Thurs AM
Dec. 15 - Jan. 28 / Course #4991 Thurs Noon / Sat AM
Jan. 24 - Feb. 23 / Course #4990 Tues/Thurs AM
Feb. 9 - Mar. 11 / Course #4992 Thurs Noon / Sat AM

Register for 5-week sessions now through February!

TRX suspension training builds a strong core, strength, flexibility and endurance. This complete training system uses your body and works all three planes of motion. This allows you to strengthen muscles and joints as a group avoiding muscular imbalances making the moves more effective, realistic and challenging.

Register: econnect.cityofmissionviejo.org

Montanoso Recreation Center
25800 Montanoso Drive

949-859-4348
fitness@cityofmissionviejo.org