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 moves more effective, realistic and challenging.

January 6 - February 5 ~ M/W ~ PM ~ Event ID 44970
January 7 - February 6 ~ T/TH ~ AM ~ Event ID 44972
January 7 - February 6 ~ T/TH ~ PM ~ Event ID 44973

February 10 - March 11 ~ M/W ~ PM ~ Event ID 44975
February 11 - March 12 ~ T/TH ~ AM ~ Event ID 44976
February 11 - March 12 ~ T/TH ~ PM ~ Event ID 44977

*Drop-In for $8 (Member) and $12 (Non-Member)*

Register for 5—week sessions now!
cityofmissionviejo.org/register

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fitness@cityofmissionviejo.org
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