



DISCOVER YOUR BETTER.

TRX **INFERNO** BOOTCAMP FREE TRIAL CLASSES

GET TONED & LOSE WEIGHT | DEVELOP & MAINTAIN A ROCK-SOLID CORE

ACHIEVE A TOTAL BODY CARDIO & STRENGTH TRAINING WORKOUT IN UNDER AN HOUR

INCREASE FLEXIBILITY & ENDURANCE | ALL LEVELS, ALL GOALS

DECEMBER 20 | 5:30 AM

DECEMBER 31 | 9:00 AM

JANUARY 5 | 5:30 AM

SIGN UP AT THE CHOICE HEALTH & FITNESS
FRONT DESK TO RESERVE YOUR SPOT!



CHOICE
HEALTH & FITNESS

TRX[®]