

STRONG MIND, STRONG BODY

**EMPOWERED**  
*to be*  
**FIT**

**TRX** SUSPENSION TRAINING

## CLASS SCHEDULE

MONDAY		9:30AM	6PM
TUESDAY	5AM	6:30AM	6PM
WEDNESDAY		9:30AM	6PM
THURSDAY	5AM	6:30AM	6PM
FRIDAY		9:30AM	
SATURDAY		8:30AM	

**CALL 315.269.9081 FOR AVAILABILITY & PRICING**  
**587 MAIN STREET. SUITE 203A · NEW YORK MILLS. NEW YORK 13417**