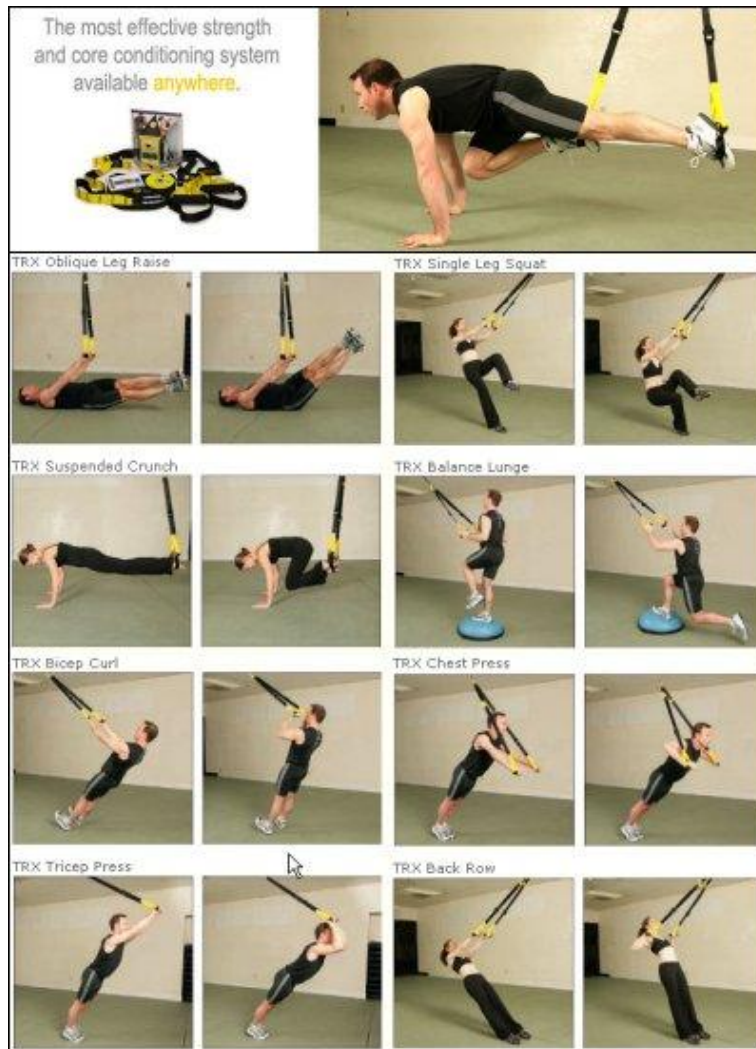


TRX Suspension Training

Whatever your goals take you Performance to the next level

The TRX Suspension trainer focuses on improving three areas: *Balance*, *Core strength* and *Joint integrity*... It works great for all athletes; it supports Fat loss, and promotes Muscle gain. So Fitness enthusiasts of every kind love the TRX Trainer.

Interested in getting in the best Shape of your life?



Contact ACE Certified Trainer Rob Quimby to train with the TRX trainer. 513-772-4530
mucledude@cinci.rr.com or www.flpt.net

30 minute sessions \$17.

60 minute sessions \$30

