

# MINDY'S GROUP CLASSES



Tuesday 5:30 p.m. - TRX Cardio Circuit

Saturday 10:45 a.m. - Muscle Madness

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## TRX Cardio Circuit

We've decided to combine the popular TRX suspension training with other forms of resistance and cardiovascular work to create the ultimate muscle stimulating and fat burning circuit workout! TRX is a wonderful way to challenge your core stability and strength. It's also fun! Add to this a series of alternating resistance and cardio circuits, and you have a fast paced and ever changing exercise session that will keep your attention!

## Muscle Madness

Do you crave variety in a class or workout session? Do you enjoy Kettlebells? Body Bars? Medicine Balls? Free Weights? You will use and benefit from them all during this hour long strength/cardio session set to great music! We welcome all ability levels, from beginners to advanced. Join us now and let your trainer Mindy Robinson, progress you towards physical nirvana!

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Class fees:

First Class is complimentary!

Single class \$15

Ten Class Pass \$130

Twenty Class Pass \$200

Mindy Robinson

AFAA Certified

Trainer/Instructor

TRX Suspension Specialist

(cell) (614) 203-7662