

TRX HIIT



TRX HIIT is circuit-based class utilizing high intensity interval training to improve overall fitness, strength, and flexibility. Moderate through advanced exercisers will enjoy being challenged in an upbeat and positive environment!

**TRY YOUR FIRST
CLASS FREE!**

\$75/MONTH



— TRAINING —

CHICO *Sports* CLUB
HEALTH & FITNESS

**TUESDAY & THURSDAY
8:00 - 8:50PM**