

★★★★★  
STRENGTH  
**PERFORMANCE**  
CENTER

# TRX

## SUSPENSION & RIP TRAINING CLASSES

Learn to properly perform over 30 suspension training exercises



**MONDAYS, WEDNESDAYS & FRIDAYS, 12:00 - 12:45 p.m.**

**MONDAY:** Lower Body • **WEDNESDAY:** Upper Body • **FRIDAY:** Core

CLASS SPACE IS LIMITED • PRE-REGISTRATION REQUIRED

**STRENGTH STARTS HERE!**



Details: (804) 734-5979

TEXT **FMWR**  
TO **95577**

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The Strength Performance Center is located in Bldg. 6008, 16th Street, Fort Lee, VA