

TRX®

Suspension Training®

TRX New this Year!
in Brookfield & Mequon



TRY it FREE Week, Jan. 18, 21, 25, 28

Half Hour Try TRX Classes
Mondays & Thursdays
10 a.m., Noon, 6:30 p.m.

TRX Suspension Group Training Brookfield West

5 week Session February 1- March 4

Monday & Wednesdays 10:00 – 11:00 a.m.

Tuesday & Thursday 9:00 – 10:00 a.m.

Tuesday & Thursday 12:00 - 1:00 p.m.

Tuesday & Thursdays 6:30 - 7:30 p.m.

5 weeks/ 10 sessions
\$149 members \$179 nonmembers

NEW! The TRX Suspension Training System is storming the nation and is the latest in group training! Born in the US Navy Seal Teams, the TRX is the original Suspension Trainer. This complete bodyweight training system delivers optimal results for people of all ages and fitness levels. With its unique Vector Resistance technology, the TRX uses your body weight and gravity as the resistance to build muscular stamina and strength! Control precisely how difficult each exercise is simply by shifting your weight. Keep it basic or challenge your limits to perform better in sport and in life! Challenge your body, mind, and spirit as you hang, stabilize, and sweat your way to a new you! By training twice per week and following a nutritional program, we guarantee that you will feel better, slim down, and become a stronger you!

It's used by athletes (Buffalo Bill's Trent Edwards used it over last year's off season), as well as by fitness buffs from all walks of life. It also has a celebrity base through personal trainer Gunnar Peterson, whose clients include pro athletes and many of Hollywood's true icons like Sylvester Stallone and Bruce Willis

"The TRX is the greatest piece of functional equipment that exists, and it was a critical component to my shoulder rehabilitation and now to my ongoing conditioning and success on the field," said Brees. "Whether you are a high-performance athlete, a weekend warrior, a stay-at-home mom, or just someone trying to stay in shape and get an edge, the TRX can benefit people from all walks of life."

Brees nearly broke Dan Marino's single season passing record in 2008, and this season he is leading the NFL in passing to help his team to a perfect 11-0 start.

"I don't put my name behind anything unless I believe in it 100%," said Brees. "So for me to endorse the company's products and also invest in it should say a lot about how excited I am about what Fitness Anywhere is doing."

elite eliteclubs.com
SPORTS CLUBS