



A fast and effective workout for every body from head to toe

TRX – Total Body Resistance Exercise

Whoever you are, we are here to help you get to the best version of you. This program is for people of all fitness levels – from pro athletes to seniors.

4-week program Includes eight 30-minute sessions

Cost: \$50 for LCMC Health employees and Wellness Center members
\$60 for guests

Registration: **April 6-19**

Program: **April 21-May 16**

Sessions: **Monday/Wednesday**
6:15-6:45 am
9-9:30am
4-4:30pm

*Participants must be able to get on and off the floor. Katie and Karl are both experienced TRX instructors.

TRX which stands for Total Body Resistance Exercise, is an extraordinary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability.

This program is great for any fitness goal: build strength, lose fat, improve endurance, or flexibility. TRX leverages your body weight to not only work your entire body but also boost your metabolism. Because you can simply adjust your body position to add or decrease resistance, you're in control of how much you want to challenge yourself on each exercise - making it the perfect piece of equipment for people of all fitness levels.

And because of its suspended nature, TRX training is a very low impact training method which allows people of all levels to train comfortably with less risk of causing or aggravating a pre-existing injury.

To learn more or register for the program visit the Wellness Center front desk or call **504.503.6868**

Payment is required at the time of registration.

25-25593

East Jefferson
General Hospital
LCMC Health