



WHAT IS TRX SUSPENSION TRAINING?

Our friends at YMCA Indy shared this description: TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. TRX exercises help build power, strength, flexibility, balance and mobility and can help prevent injuries. TRX is used by the military, first responders, professional athletes and physical therapists.

Sound interesting? You can sign up for a TRX demonstration class or personal training appointment at the following YMCA branches: Baxter, Benjamin Harrison, Fishers, Hendricks Regional Health, Ransburg and Witham. A certified TRX trainer will tailor each workout to your skill level and desired fitness outcome. Visit www.indymca.org to learn more about TRX at your local branch.