



Happy New Year!
TRX CLASSES...Burn Calories. Get Strong!
Take Charge of Your Life and Put "You" First in 2012!!!
As recommended in Swimmers Magazine



GET YOURSELF TO THE NEXT LEVEL WITH TOP GUN'S TRX CLASSES!!!
TAUGHT BY TRX-CERTIFIED INSTRUCTORS AND ACCOMPANIED BY MUSIC FOR FUN AND VARIETY, CLASSES ARE DESIGNED FOR ALL AGES, GENDERS AND FITNESS LEVELS.

TOP GUN'S TRX CLASSES WILL BUILD YOUR BODY'S STRENGTH, FLEXIBILITY, BALANCE & COORDINATION WHILE BURNING CALORIES AND STRENGTHENING YOUR CORE!
TOP GUN'S TRX CLASSES ARE GREAT FOR: 1) WEIGHT LOSS, 2) TONING & DEFINITION, 3) MUSCULAR & CARDIOVASCULAR ENDURANCE, 4) OVERALL BODY STRENGTH & ENERGY!

Class Times*

Mondays: 6:00 pm (Jaynie)
Tuesdays: 6:00 pm (Jaynie)
Wednesdays: 6:00 am (Jaynie)
Saturday: 8:00 am (Jaynie)

****Please call or email to reserve your spot in class. Classes fill up quickly!***

5-pack = \$99, 10-pack = \$175, 20-pack = \$299

Call **847.852.3373**, E-mail **Jaynie2@comcast.net** or pop by *Top Gun* to register **TODAY!**