



Want to take your level of fitness up a few notches?

Train on the TRX suspension system with Fitness Manager and TRX certified trainer, Rena Bohm

TRX training is unique because it is a full body workout, it is time efficient, and you are engaging your core muscles throughout the entire session...in other words you are going to feel the burn!

TRX one on one training \$50 per session

Small group session rates:

2 people: \$70

3 people: \$80



This ground-breaking training system has been adopted and trusted by the most demanding users including top trainers; pro athletes across the NFL, NBA, MLB, NHL, UFC; physical therapists and all branches of the military. TRX has also been featured on the popular TV series, "The Biggest Loser." Exercisers of every fitness level can benefit from this highly efficient and effective bodyweight training method.

For more information please contact Rena  
503-635-3561 or email: [rena@mtparkhoa.com](mailto:rena@mtparkhoa.com)