



# Get Bent

## Arts & Recreation

115 1475 Fairview Road Penticton, BC 462.1025 [www.GetBentRec.com](http://www.GetBentRec.com)

### TRX®

Suspension Training®  
Course

CORE STRENGTH  
BALANCE  
FLEXIBILITY  
ENDURANCE  
POWER

**Mon, Wed and Fri 7-8am Jan23rd - Mar 16 (8 weeks)**

**1 day a week \$107.52** *taxes included in all pricing*  
**2 days a week \$206.08**  
**3 days a week \$282.24**



### TRX®

- a revolutionary total-body fitness program
- use gravity against your own body weight
- simultaneously develop strength, balance, flexibility and core strength
- modifications will also be introduced to individuals if necessary



*Instructor Caroline Shillings*

**Call Get Bent to register! 250.462.1025**