

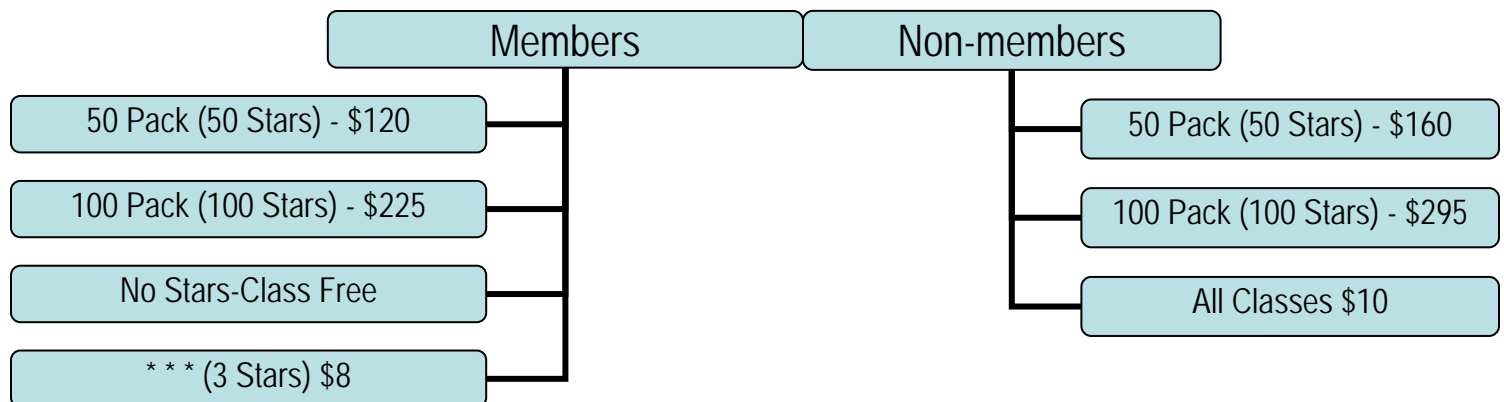


TRX®



WEEKLY SCHEDULE

9:30-10:30 a.m.	Sunday	TRX® w/ Rotating Instructors
8:15-9:15 a.m.	Monday	TRX® w/ ProfessorFit
7:15-8:15 a.m.	Tuesday	TRX® w/ ProfessorFit
9:15-10:15 a.m.	Wednesday	TRX®/Kettle Bell w/ Julia * * *
5:00-6:00 p.m.	Wednesday	TRX® w/ ProfessorFit
7:00 p.m.	Thursday	TRX® w/ Iron Mike
Noon-1:00 p.m.	Friday	TRX® w/ ProfessorFit
<i>For more information call Sports & Wellness at 954-434-0499, ext. 100.</i>		



David Posnack Jewish Community Center
 On the Nina & Louis Silverman Campus
 5850 S. Pine Island Road, Davie, FL 33328-5933
 954-434-0499, ext. 100, www.dpjcc.org