



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE
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Goodson Recreation Center's TRX Suspension Training Equipment

Available for Individual Use and Group Training Sessions

A favorite of fitness buffs, TRX suspension training, is now available in Goodson Recreation Center's weight room, a move to provide patrons better accessibility to the power house training system. The TRX S-Frame, previously dedicated to TRX small group training classes, is now available for all to enjoy.

TRX incorporates bodyweight suspension training, a technique that uses your body weight and gravity to perform hundreds of functional exercises. TRX is a complete training system and users of all fitness levels will gain improvements in strength, flexibility, balance, core stability and metabolic conditioning. The equipment is available, first-come, first-served with admission to the center.

The next TRX suspension small group training sessions begin in Jan. To register online, visit www.sspr.org. For those who want a customized TRX workout, individual and semi-private training sessions are available at two South Suburban facilities: Goodson Recreation Center, 6315 S. University Blvd., Centennial and Buck Recreation Center, 2004 W. Powers Ave., Littleton. To schedule an appointment, call 303-483-7089.

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