

# Floating FLEXIBILITY

Thursday, November 4, 2021 | 9 AM | TRX® Studio

The TRX® Suspension Trainer is a brilliant tool for training flexibility.

TRX® provides balance support and offloads body weight; this enables the user to execute the movement more precisely, resulting in greater outcomes.

Floating Flexibility will improve core stabilization, range of movement, and overall mobility.

Feel better and move better!



  
**THE RANCH**  
FITNESS CENTER & SPA

**FITNESS HOURS:**

Monday - Thursday: 5:30 am - 8 pm • Friday: 5:30 am - 7 pm • Saturday: 7 am - 5 pm • Sunday: 8 am - 4 pm  
352.861.8180 • [www.RanchOcala.com](http://www.RanchOcala.com) • 8385 SW 80th St., Ocala, FL 34481