



TRX RIP TRAINER CLINIC SERIES

As part of our functional training program, Vail Athletic Club offers weekly clinics on a specific exercise or piece of equipment in our functional gym. Clinics are focused by month, and are intended to educate our community on how to utilize tools, increase functionality, and bring diversity to their workouts.

The design is simple, but the workout is intense! Newer to the fitness scene, TRX Rip Trainers are essentially a grip stick attached to a bungee cord attached to a fixed point. Offering a focus on core control and rotary movements, the rip trainer will engage your abs, hips, glutes, and back while increasing your power output and metabolic response.

Mondays in September: 9/5, 9/12, 9/19, and 9/26

6 person teams available at 12 pm or 4:30 pm

\$25 for members, \$50 for guests