

TRX Group Personal Training
Valdese Recreation
Splash Park Building

Mondays and Thursdays @ 7:45am

Wednesdays @ 5:15pm

Saturdays @ 8:30am



Certified Personal Trainers:

Melissa King

Toni Reece

Members- \$5 per session

Non-Members- \$8 per session!!

If you purchase 7 sessions, you will receive a free session!!
(Once you pay for classes you will be sent an online invite)

Text Melissa or Toni to sign up for your first class free!

828-413-4388 or 828-291-8320