



CLASS DESCRIPTIONS

TABATA Metabolism Booster!

Weeks 1,3 & 6

Description: TABATA is a variation of high intensity interval training(HIIT) that uses short bursts of all-out movement to increase overall fitness. In TABATA style workouts you rock out 4:00 minute cycles made up of 8 sets @ 20 seconds work with 10 sec rest between sets. A unique result of this style of training is a boosted metabolism that stays elevated long after all your hard work is over!!

Bonus 411:

TABATA How Does TABATA Rev Up Metabolism?!

This workout can boost metabolism because training at an ultra-high intensity challenges the cardiovascular system and raises body temperature, so your body has to work harder than normal to bring in more oxygen and restore balance.

While this is taking place during the workout, the benefits don't end there, thanks to Excess Post-Exercise Oxygen Consumption (**EPOC**), keeps that metabolism BOOSTED for up to 38 hours Post-exercise!!

Ab & 'Core' Insanity!

Week 2

Description: Your abs and 'core' will be on fire🔥. The end.

TRX Insanity!

Week 4 & 7

Description: Make your body your machine! Every lovely(←insert angel emoji here.bahahahaha) moment of your workout will be on either the TRX Suspension Trainer or the TRX RIP Trainer→aka as the 'pep rally spirit stick from.....?!?' 😊. **Not recommended** for folks who have not been exercising regularly for at least the last 6 months. **Recommended** for those of you looking for a good a\$\$ kicking—the kind that makes your muscles cry in a whole new delightful way, while delivering amazing results.Guaranteed.BOOM. ✨



CLASS DESCRIPTIONS

Mighty-Mitochondria: Fat Annihilation!

Week 5

Description: Be ready to build your endurance and kick your fat-burning mitochondria into high-gear with this Challenge!! Sessions will be focused on working within 60-75% of maximal heart rate for the entire duration of the class. Let's just say you may feel like you cranked out a killer 'cardio' workout when it's all over 😊😊

Bonus 411:

What The Heck Is Mitochondria & How Does It Help Burn Fat?

The mitochondria is a specialized organelle found in most eukaryotic cells, which are often referred to as a cell's energy plant (Schardt, 2008).

With regular endurance training mitochondria adapt by metabolically using more fat and less carbohydrate for fuel during exercise (Hood et al., 2006). BOOM 🌟

Mitochondria are often (and accurately) referred to as the food-burning furnaces in a person's body cells (Schardt, 2008). BOOM again 🌟

The common use of the term '**fat burning**' in the fitness and weight loss industry is an appropriate analogy of what is happening to fat in the cell's mitochondria (Schardt, 2008). BOOM 🌟

Ninja Warrior Obstacle & Outdoor Circuit Stations

Week 3**Changed due to weather**

Description: Pretty much what ya see in the title ;)~ 2nd description coming soon...

GRAND FINALE FUSION!!

Week 8

Description: All the best from each of the previous weeks rolled into a 6-day celebration of workout awesomeness called the Holiday Fit-Challenge GRAND FINALE FUSION!
#FinishStrong #WhatDoesntKillUsMakesUsStronger(bahahahahha)