



Group Training Class and Package Descriptions

Core Foundations Course

10 WEEK PROGRAM

Starts Monday 3 October OR Friday 7 October

Once per week \$149 (single payment)

Twice per week \$199 (single payment)

Monday nights at 6.15pm.

Friday mornings at 9.30am

A 45 minute low impact class focusing on building and strengthening the core muscles, abs, glutes, and hips. The aim is to learn how to activate the muscles you want, when you want, create stability, ease of movement and build a strong foundation for your body. You'll sleep better, move better, reduce hip and lower back pain, and perform daily tasks and other physical activities with much more ease and comfort.

Ideal for anyone returning to exercise, post natal women, or as a low impact enhancement to other exercise or sports regimes. Opt to join a Monday evening class, or a Friday morning class, or both. LIMITED NUMBERS

Core Foundations 1 - either Monday evening OR Friday morning

Core Foundations 2 - BOTH Monday evening and Friday morning

Metafit Package Options

THREE MONTH PACKAGE

\$299 (single payment)

The sooner you join, the more you save! Great value!

Up to four sessions per week until 17 December 2016.

Metafit is a 30 minute high intensity workout that's fast paced and challenging. It's done to a music track, but is NOT a dance class! It's not choreographed and you don't have to keep in time to the music. **Do as much as you can to the best of your ability.** All moves are bodyweight only, meaning you can decrease or increase the intensity and modify the movements as you choose. It gets your heart rate up and you'll feel great when you're done. **It's the perfect workout if you're short on time, and want fast results.**

This option is for you if you're ready to make real change and want faster results. You'll notice a big boost in your energy and fitness levels and enjoy improved sleep quality. Three sessions per week is the most popular option people generally choose when investing in group fitness packages and is recommended for Metafit training.

I have added a low impact class on a Friday morning for those who want to practice technique, who are just starting, or want a challenging workout without all the jumping. (You can choose to do low impact moves during any class on the timetable!)

MONTHLY METAFIT PACKAGE

\$122.50 per month

Unlimited group sessions per week, for those who want to supplement other sports or exercise programs, or to maintain or improve current weight and fitness levels. If you are limited on time yet know you need at least some routine activity in your week, this could be for you. Up to 14 sessions per month.



METAFIT FLEXI PACK

\$150 for ten sessions

The 10 session casual pass is for those who would like to participate when it is most convenient for them or who have inconsistent working hours or who travel for work. It is also an option for those who want to supplement other training.

Timetable

MONDAY	
9.30am	Metafit
6.15pm	Core Foundations* (from 3 Oct)
7.00pm	Metafit
TUESDAY	
2.15pm	Metafit
7.15pm	Metafit
WEDNESDAY	
6.15am	Metafit
9.30am	Metafit
THURSDAY	
6.15am	<i>Metafit (from 6 Oct)</i>
2.15pm	Metafit
7.15pm	Metafit
FRIDAY	
9.30am	Core Foundations* (from 7 Oct)
10.30am	Metafit Low Impact
SATURDAY	
7.30am	Metafit

[Register for Core Foundations Course here.](#)

[Book into your first Metafit class here.](#)