

Metabolic Training

This is a training program that involves structural (standing with the legs engaged) and compound (involving multiple joints) exercises with little rest in between. This limited rest will maximize calorie burn and increase metabolic rate during and after the workout.

This is a high intensity class that will yield almost instantaneous results. Only 2-3 training sessions are needed a week with at least 24 hours of rest afterwards for maximum healing. Both modified and advanced versions of each exercise will be offered to make this class work for YOU!

You will feel the burn through your workout giving you that sense of accomplishment right away!

A few benefits of metabolic training:

1. Improved cardiovascular capacity
2. Improved hormone profile promoting fat loss
3. Serious calorie burn
4. Increased strength with toning

Session 1

Dates: Sept 12th – Nov 2nd (7.5 weeks)

*No class Oct 31st

Times: Mondays & Wednesdays @
6:15 – 7:15pm

Location: Unity Gym

Instructor: Kayla Spors

Fees: \$45- member \$68- non-member

Additional MT Class Time Offer!

Dates: Nov.1st – Dec.15th (6.5 weeks)

Times: Tuesdays & Thursdays @
5:30 – 6:30am

Location: Unity Gym

Instructor: Kayla Spors

Fees: \$40- member \$60- non-member

Session 2

Dates: Nov 7th – Dec 14th (6 weeks)

Times: Mondays & Wednesdays @
6:15 – 7:15pm

Location: Unity Gym

Instructor: Kayla Spors

Fees: \$36- member \$54- non-member

Session 3

Dates: Jan 9th – March 1st (8 weeks)

Times: Mondays & Wednesdays @
6:15 – 7:15pm

Location: Unity Gym

Instructor: Kayla Spors

Fees: \$48- member \$72- non-member

Session 4

Dates: March 6th – April 26th (8 weeks)

Times: Mondays & Wednesdays @
6:15 – 7:15pm

Location: Unity Gym

Instructor: Kayla Spors

Fees: \$48-member \$72-non-member