

Metabolic Madness

By Tina Bernet

BA Kinesiology, NSCA: C.S.C.S, CIAR: BS. AFAA / 16 years experience in teaching Group Fitness / 23 years experience as a Personal Trainer / 9 years experience as PT Gym Owner and Manager

"Burst Training" Class with the focus on High intensity total body movements, some with resistance and some without, that will create a huge metabolic "after-effect" - keeping your metabolic rate elevated for as long as up to 48 hours after your session. You will be training your body to burn fat, even at rest!!!

10 Week Program Starting Tuesday September 7th, Ends Thursday November 11th

Every Tuesday and Thursday from 11:30am - 12:30pm

Cost: \$600 for the program (20 Classes Total)

At The Studio Extreme Training Dalls

THE STUDIO
EXTREME TRAINING

**This is an intermediate to advance level class! Not for beginning exercisers!
Space Will Be Limited, Contact Tina at
Fitness.Tina@Gmail.com | 214-682-8021**