

GOPARABOLIC.COM

GROUP FITNESS | HACKENSACK

Unleashed Speed

Speed is paramount to athleticism as long as you can control it. Learn how to harness your power and speed to distance yourself from the competition.

Multi-Direction Drive

The best athletes make it look easy when speed and agility go hand-in-hand to make movements look fluid. Life moves in all directions and this class will cover acceleration and agility as you cut and change direction.

MetCon

This high-energy, fast-paced class is designed to target anaerobic and aerobic energy systems to rapidly burn calories, build lean muscle mass, and improve cardiovascular health.

Resilience

Get ready for next week's drudge of sweat, practices, and competitions. A week's worth of hard work requires proper recover with this mobility and breathing focused group class.

NUMBER OF SESSIONS

1 Single Session
5 Pack
10 Pack
20 Pack

COST

\$25/session
\$110 (\$22/session)
\$200 (\$20/session)
\$375 (\$18.75/session)

EXPIRATION

30 days from date of purchase
45 days from date of purchase
60 days from date of purchase
90 days from date of purchase

Sign up for our classes today. Call 201.880.7663



PARABOLIC

Rehabilitate and train like an elite athlete