# GOPARABOLIC.com
## GROUP FITNESS | MONTCLAIR

**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.

**ParaBoxing**

Left jab, right hook. Let your cardiovascular conditioning be the champion. Pulling from the sport of boxing, this class will get you fighting ready with boxing fundamentals, footwork, explosiveness, and reaction drills.

**Grind**

Embrace the suck and welcome to the Grind. Push through the mental barrier and get after it today. This high-energy class will bring out your inner athlete and get you outside of your comfort zone

**Kettlebell Dynamics**

The power of the pood. (That's Russian kettlebell lingo for 36lb). Get your heart pumping, your grip stronger, and your overall cardio up with this total body workout that will cover upper and lower strength and conditioning.

**KettleBody**

Bodyweight and kettlebells lead the way in this high-intensity, interval training kettlebell workout. Get your heart rate pumping as you lunge, deadlift, and swing your way into bodyweight intervals to round out your training session.

**ParaStrength**

Unlock your true strength and power with innovative circuit training that alternates weight lifting with body resistance that will keep you constantly challenged. Unleash the beast.

**Complete Athlete**

This program is designed to enhance the skillset of the modern-day athlete, through Strength, Dynamic Speed and Mobility sessions. Challenge yourself to become more powerful, faster, and stronger while bulletproofing your body from the everyday wear and tear an athlete experiences.

| NUMBER OF SESSIONS | COST | EXPIRATION |
|---|---|---|
| 1 Single Session | $25/session | 30 days from date of purchase |
| 5 Pack | $110 ($22/session) | 45 days from date of purchase |
| 10 Pack | $200 ($20/session) | 60 days from date of purchase |
| 20 Pack | $375 ($18.75/session) | 90 days from date of purchase |

## Sign up for our classes today. Call 973.744.2770

## PARABOLIC
Rehabilitate and train like an elite athlete