

## GROUP FITNESS | LITTLE FALLS

### Get Defined

Lose weight. Get stronger. Look better. Whatever you define fitness as is your call. If you have the desire to be better than yesterday and show up to work hard, this class is for you. You can leave the details to us.

### Habitual Strength

This interval-based class will set strength circuits into motion to help you create habit through primitive movement patterns. Create the habit—the results will follow. A great class for beginners to learn the foundations of strength

### Strong Arm

This class welcomes your “inner meathead”. Bring your brute force to this interval-based class because summer is always coming and the mantra is true—“sun’s out, guns out”.

### 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.

#### 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 973.509.9800



# PARABOLIC

Rehabilitate and train like an elite athlete