

# **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

**TRAINING SCHEDULE**  
Hackensack  
Fall 2017 October 2 – December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All training sessions must be scheduled in advance. Your training session will start as close to the scheduled time as possible. Please be on time to ensure a quality training session. Failure to show up on time may result in a lost training session due to full classes. Please call to cancel any training session in advance as that spot can be opened up to another client.					
Elite Performance Training 9:00-10:00 AM					Elite Performance Training 9:30-10:30 AM
					Elite Performance Training 10:30-11:30 AM
					Elite Performance Training 11:30 AM-12:30 PM
Elite Performance Training 2:15-3:15 PM		Elite Performance Training 2:15-3:15 PM		Elite Performance Training 2:15-3:15 PM	
Elite Performance Training 3:15-4:15 PM	Elite Performance Training 3:15-4:15 PM	Elite Performance Training 3:15-4:15 PM	Elite Performance Training 3:15-4:15 PM	Elite Performance Training 3:15-4:15 PM	
Elite Performance Training 4:15-5:15 PM	Elite Performance Training 4:15-5:15 PM	Elite Performance Training 4:15-5:15 PM	Elite Performance Training 4:15-5:15 PM	Elite Performance Training 4:15-5:15 PM	
Avalanche Team Training 5:15-5:45 PM	Elite Performance Training 5:15-6:15 PM	Elite Performance Training 5:15-6:15 PM	Elite Performance Training 5:15-6:15 PM	Elite Performance Training 5:15-6:15 PM	
Avalanche Team Training 5:45-6:30 PM	Avalanche Team Training 6:15-7:15 PM	Avalanche Team Training 5:45-6:30 PM		Elite Performance Training 6:15-7:15 PM	
Avalanche Team Training 6:30-7:00 PM		Avalanche Team Training 6:15-7:15 PM	Avalanche Team Training 6:30-7:15 PM (11/9-2/22)		
Avalanche Team Training 7:00-7:30 PM		Avalanche Team Training 6:40-7:10 PM			

