

Class Descriptions

MetaPower™

Metapower a 30 minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility and cardiovascular efficiency. MetaPWR™ develops strength and power!

Metafit™

Metafit™ (bodyweight high intensity interval training {HIIT} program) burns calories and fat in a shorter period of time. Boost Metabolism! Good for heart health and getting you fit fast!

Spin Class *

The class is done to a series of music and is equivalent to 20-25km of different gradients. The ultimate class to increase your fitness and help you burn fat while toning your butt, legs and hips.

Sub30 Core™

The ultimate in core strengthening! Sub30 Core™ is an effective 20 minute bodyweight workout that targets every aspect of the core; from the abdominals, to the obliques, and the back region. The perfect class for those looking to strengthen their core as well as help those with back issues and poor posture.

GetFit in 30 @ Home (Virtual Class)

GetFit in 30 @ Home is a HIIT styled class run online. Metafit Classes cannot run in an online space so I have designed my own program that will still burn calories and fat, boost your metabolism, get you fit and keep you fit - just from your own home.

** Bookings essential for Spin Classes as class numbers are limited **

1:1 Personal Training

Not everyone wants to train in a group, so if group training is not for you then let's book a 1 on 1 session together - just you and me! We will set goals for you and we will achieve them!

Small Group Training

Want to train in a more private small group and have a couple of friends to join you? Consider my personalised small group training option (you plus 2 or 3 friends).

Online Programmes

Get 2 It Fitness recognises that some people prefer to go it alone, so we also offer a Nutritionally Complete Online Programme. Our 4-Week LCHF Kickstart Programme is the perfect way to get started with the low carb high fat lifestyle. This is not a diet - it is a programme designed to change your eating habits, give you more energy, learn how to use fat to burn fat, learn the foods you should be eating and learn about intermittent fasting. Included in this programme are 4 weeks of meal plans with 41 recipes, exercise programmes, weekly weigh in's, email support and so much more! For more information and to sign up now [click here](#).

For more information visit our website at www.get2itfitness.co.nz.

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Studio Hours: 5.30am to 6.00pm

