

MAY MELTDOWN

ONLY FOR THOSE WHO ARE SERIOUS ABOUT GETTING LEAN FOR SUMMER!

April 30th-May 28th

PERSONALIZED NUTRITION

4-Week Nutrition plan including **personalized macronutrient recommendations** AND **weekly review of your daily nutrition log**

COMPREHENSIVE FITNESS PROGRAM

With 5 new classes specifically for the "Meltdown" program

- "Metabolic 20" Conditioning Classes: Mondays and Wednesdays 5:30am*
- "Shred" Classes Tuesdays and Thursdays 5:00pm*
- "Nucleus" advanced core training Fridays 5:30am*
- Unlimited access to Core Fitness Group Training schedule (to complete at least 2 additional strength training workouts)

*Full class descriptions can be found at www.CoreFitnessGroupTraining.com

WEIGHT MANAGEMENT ACCOUNTABILITY

Weigh-Ins Wednesday and Saturday of each week for total accountability

Registration deadline 4/29. Register at www.CoreFitnessGroupTraining.com



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CLASS DESCRIPTIONS

The following classes are exclusively designed for May Meltdown participants

- **“Metabolic 20”**: High intensity interval training (HIIT) consisting of 40 second work intervals alternated with 20 second rest intervals utilizing battle ropes, kettlebells, medicine balls and TRX suspension trainers. In just 20 minutes, you will receive a HIIT workout like no other!
- **“Shred Cardio Cross Training”**: The mission is simple. Complete all of the listed repetitions of 10 exercises in as short of a time as possible.. You choose the exercise order. You divide the repetitions into as many sets as you choose. You take breaks whenever needed. Your trainer will be there to demonstrate, coach and motivate you through your session. (shred workouts will be available for you to perform during any open gym hours if you can not make it to class)
- **“Nucleus”**: As defined, the nucleus is “the central most important part of an object, movement or group, forming the basis of its activity and growth”. In the human body, this is known as the Core! “Nucleus” will introduce you to the most intense, structurally sound, cutting edge core training you will ever experience.

Additionally participants will have access to our unlimited group training schedule and will be encouraged to participate in at least two strength training workouts each week