

Class Descriptions

MetaPWR™

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 (Indoor Cycling) *booking required*

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.

MetaPro PT *booking required*

MetaPro PT utilises the range of "Meta" exercises and combinations to provide a varied and tailored workout, together with goal setting and coaching on technique. Available as small group training (2-3 people) or as 1:1 training.

MetaPro 12 *booking required*

MetaPro 12 is 12 minute High Intensity Interval Training (aka HIIT) session that put quite simply "pushes you to your max!". It's Metafit on steroids!

MetaPro SAQ *booking required*

MetaPro SAQ are workouts utilising functional movement and training drills and focussing on Speed, Agility and Quickness. SAQ is perfect for team sport training.

** Individual Nutrition plans are available to suit you and your individual goals **

** Bookings essential for Metapro and Spin Classes, class numbers limited **

1:1 Personal Training

Not everyone wants to train in a group, 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!

Online Programmes

Get 2 It Fitness recognises that some people are unable to attend the studio for classes so we also offer two Nutritionally Complete Online Programmes.

4-Week LCHF Kickstart Programme – Get2It's Kickstart your low carb high fat lifestyle. This is not a diet - this 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, 24/7 support group and so much more! To sign up now [click here](#).

Get2It's 12 Week Mind Body Weight Loss Programme - Included in this programme are 300+ family friendly recipes for complete nutritional balance, together with weekly grocery lists to keep it as simple as possible for you. The programme also includes exercise plans that you can complete at home, the park or the gym.

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

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Studio Hours: 5.30am to 6.00pm

