

## **ADULT FITNESS**

*MEGA Fitness for adults is a fitness program dedicated to help people get fit and stay fit! Promoting proper nutritional eating habits along with exercises geared to speed up ones metabolism, blast fat, and lose weight is what you will find with MEGA Fitness. MEGA will help you realize that a healthy lifestyle is a fun lifestyle!*

*MEGA Fun and Fitness is teaming up with Beaumont Hospital and WNIC to help promote healthy lifestyles and the 2009 Weight Loss Challenge!*

**Classes run September 21-November 14, 2009**

### **MEGA BASIC TRAINING (General Fitness):**

**Class times: Monday & Wednesday 7:00-8:00pm**

*Basic Training will introduce basic exercises, their modifications, and the importance of correct technique. Total body workouts that will consist of strength, endurance and functional training exercises will also be introduced. All this is guaranteed to help you lose weight, speed up your metabolism, increase your endurance and tone and firm your muscles.*

*You DO NOT have to be in the best shape to start the program...*

*You will be motivated to work at your highest capability, whatever that may be, it doesn't matter if you can't do one push up, what does matter is that you try! Going at your own pace is strongly encouraged. Boot campers will be amazed at how fast their body will improve in stamina and strength. Along with a proper diet and nutrition one can lose up to 10 pounds in 4 weeks!*

### **CARDIO-KICKBOXING:**

**Class times: Tuesday 6:00-6:50am**

**Saturday 8:00-8:50am**

*Cardio-Kickboxing is an aerobic fitness class designed to increase your heart rate and build your stamina. You choose your fitness level, ranging from low impact to advanced high impact moves. Either way you will feel great after this high energy workout! Working out and staying fit can be fun.*

