

# MFIIT

HEALTH ▪ FITNESS ▪ WELLBEING

## STRONG

Whole body strength training. This class will see you maintaining muscle mass, gaining strength and improving form. From experienced lifters to our beginners. These simple strong movements will see you learn great technique and progress to more intense session with heavier weights.

## FIIT

MFIIT special 30 min High intensity conditioning class. Designed to burn fat, increase fitness and challenge you in a fun group environment. This class will push you to your limits leaving you feeling both exhausted and exhilarated.

## BEAT the CLOCK

Our Challenge class that will draw out the competitor in all of you. By incorporating challenging partner work as well as individual challenges this class will see improvements in your cardiovascular stamina, muscular endurance, core strength and all over fitness.

## PUNCH FIIT

With challenging intervals we guarantee this popular class is a great way to relieve stress, and challenge your cardio fitness! Boxing and kickboxing combos, combined with skipping, running, and bodyweight training is a perfect addition to your weekly fitness routine.

## COACHES CHOICE

MFIIT Saturday Session where anything goes!

Come along to this class which will incorporate both strength and cardio components, designed to send you into the weekend the right way! Our fun and most social class will see you leaving for the weekend ready for anything.

## HLC - HEAVY LIFTERS CLUB

Don't let the name scare you! This class is for everyone and is all things weights! For those who would like to improve technique, build strength and size this class is for you.

Strength training offers significant benefits and improvements in overall health and well-being. It improves joint function, reduces possibility of injury, increases bone, muscle, tendon and ligament, strength and makes you feel like a BOSS!