

FIT-traxx™ will have you on the path to guaranteed results in **JUST 4 WEEKS!**

SMALL GROUPS, BIG RESULTS

FIT-traxx is Global Fitness' incredible group training program that is scientifically designed to help people of all ages, shapes and sizes melt fat, increase energy and build strength and tone in only **FOUR WEEKS!**

A **FIT-traxx Coach** guides you through every single step from your strength and cardio workouts to nutritional strategies that will give you all the answers you need to finally get the results you want.

THE FIT-traxx WORKOUT

FIT-traxx incorporates the latest research in exercise science, physiology and kinesiology to get you **MAXIMUM** results.

During **Week One** you will work on your strength base. Each exercise will have a beginner, intermediate and advanced option so you can get the best workout possible.

In **Week Two** we add stability training to your workout. By challenging your core and stabilizer muscles, your body works in a totally different way and results are accelerated!

The focus for **Week Three** is on muscular endurance. This is where you pick up more energy for everyday activities and burn incredible amounts of calories.

During **Week Four** you will do a variety of functional movements using very little or no equipment. These exercises will push your results right to the next level.

THE SUPPORT

The support is what **REALLY** makes **FIT-traxx** special!

After you complete a nutrition recall, your **FIT-traxx Coach** will work with you to develop nutrition strategies to accelerate your results. Each week your **Coach** will help you make minor nutrition changes that add up to major differences in the way you look and feel!

We include Body Composition testing and measurements with each **FIT-traxx** program. These numbers are critical in determining where you are and how far you have come. Your **Coach** will also provide weekly fitness handouts that will give you tips on how to make the most of the days in between your scheduled session so you get even better results!

You also get the encouragement that only Group Training provides. **FIT-traxx** is all about "strength in numbers!"

100% SATISFACTION GUARANTEE!!!

We **KNOW** **FIT-traxx** works. That's why we offer a **100% SATISFACTION GUARANTEE**. If you aren't happy with your results after following your **Coach's** guidelines and attending all your scheduled **FIT-traxx** sessions, we will refund every nickel. You have nothing to lose except unwanted inches and pounds!

"DO IT! It is as good as a personal trainer but with friends to help motivate you and share in your successes." – Michelle B., 39

FREQUENTLY ASKED QUESTIONS

Who can do FIT-traxx?

Almost anyone can do a **FIT-traxx** program as every week and every station will have multiple options to accommodate any fitness level!

Why does FIT-traxx work?

It starts with the program design. Simply put, **FIT-traxx** incorporates the right exercises in the right order. The next key is working under the supervision of a **Certified FIT-traxx Coach** who ensures you maintain proper form and high effort for all four weeks. Combine that with improved nutritional habits and you're on your way to being stronger and more energetic than you've felt in years!

How often do I do FIT-traxx?

You can choose either a 2-day per week program or a 3-day per week program. Each **FIT-traxx** session lasts about 45-50 minutes followed by a **FIT-traxx** cardio session so it is very convenient and time-efficient.

Do I have to diet?

Proper nutrition is critical to overall health and loss of body fat. Your **FIT-traxx Coach** recommends small changes in your nutritional habits that add up to major results when it comes to feeling and looking better!

What happens after I finish FIT-traxx?

FIT-traxx is a great way to end a "results rut" or you can do it again and again. Since we are constantly changing and updating the program, no two **FIT-traxx** programs are alike. No matter how many times you do it, you'll continue to be challenged and your results will never stop! Plus repeat customers can save up to \$30 off additional programs.



PUSH your intensity beyond where you EVER dreamed possible in **MAX-traxx™**!

MAXIMUM INTENSITY, MINIMUM SANITY

MAX-traxx Outdoors, Global Fitness' Four-Week High-Intensity Team Training Program, is a easy to describe but hard to do. It's one part pounding pulse rate, one part screaming muscles and two parts insanity. It will challenge your endurance, strength and perseverance like they've never been challenged before!

Each workout starts hard and gets harder. Your **MAX-traxx "Enforcer"** (the person responsible for your butt-kicking) starts things off with dynamic warm up drills taken straight from traditional athletics. After a few minutes, your body will be ready to be tested!

Each class, we torture your muscles during the **"The MAX-Blast,"** a series of exercises using maximum Neuro-Muscular Activation (no free rides for ANY part of your body!). You'll be pushed through exercises like single leg squats, Romanian deadlifts, bent-rows, plyometric bench explosions, squat-presses and box jumps (to name a few). The common theme is moving your body through space; ensuring you get the MAXimum challenge and results. You choose your own level of resistance, giving you the chance to intensify your workload as your strength and endurance increase over the four weeks.

"The Burn" is where we take advantage of the size of our Group Fitness Studio to get your heart pumping even more!

Your **Enforcer** runs you through team training maneuvers including sprints, suicides, bounding, lateral stability runs and much more. Oxygen anyone?

MAXIMUM SAFETY, MINIMUM RISK

To do **MAX-traxx**, you need to be a little bit insane but NOT crazy. We've designed the program to push you to levels that you could NEVER reach on your own. At the same time, each workout is varied and balanced so you can keep coming back for more—properly recovered and injury free!

THE BIGGEST QUESTION

Who is MAX-traxx for?

MAX-traxx is for anyone looking for "the Max" level of intensity. **MAX-traxx** participants should be currently working out a minimum of twice per week for the last month and ready to work a little harder in a supervised environment.

You have to fill out a brief medical questionnaire prior to registering. We want to make sure we don't aggravate any injuries you may be dealing with outside of **MAX-traxx**. If you have questions about how to work around muscle or joint issues or if you should even try, ask a **MAX-traxx Enforcer** prior to registering.

"Only those who will risk going too far can possibly find out how far one can go." – T.S. Eliot

FIT-traxx™ & MAX-traxx™ Schedule & Program Pricing

Upcoming FIT/MAX-traxx Dates/ Instructors*

- ✓ **October 19 to November 14**
- ✓ **November 30 to December 26**

*Class times/instructors subject to change. *

Program Pricing

- ✓ **3-day program: \$229 (\$269 non-member)**
- ✓ **2-day program: \$179 (\$219 non-member)**
- ✓ **1-day program: \$99**

**Do consecutive programs and save \$30

Fitchburg FIT-traxx Days/Times

T/TH	5:15am – 6:15am	Mike
M/W/F	9:15am – 10:15am	Mike
T/TH	10:30am–11:30am	Mike
M/W	5:15pm – 6:15pm	Shawn
T/TH	6:15pm – 7:15pm	Shawn
Sat.	9:00am – 10:00am	Rotating Instr.

Fitchburg MAX-traxx Days/Times

M/W/F	5:15am – 6:15am	Mike

Leominster FIT-traxx Days/Times

M/W/F	5:30am – 6:30am	Donna/Karen
T/TH	8:00am – 9:00am	Karen
M/W/F	9:15am – 10:15am	Donna
T/TH	9:15am – 10:15am	Donna
T/TH	10:30am–11:30am	Donna
T/TH	5:00pm – 6:00pm	John
M/W	6:00pm – 7:00pm	Donna
T/TH	6:00pm – 7:00pm	John
Sat.	9:00am – 10:00am	Rotating Instr.