

GRANITE FALLS SWIM & ATHLETIC CLUB

**MX4**  
by MATRIX

**ONLY \$5 PER SESSION!**

*Buy 10 Sessions for \$50. Get 1 Free.*

MX4 is an exhilarating, fast paced training group that revolves around the four pillars of fitness.

CARDIO. POWER. STRENGTH. ENDURANCE.

MX4 bridges the gap between personal training and group exercise. The program is designed to pull you out of your comfort zone and push you harder than you would training on your own. MX4 is an option for all ages and abilities. Your trainer can modify movements to suit individual needs.

Two class options available. The standard 30-minute session and the extended, more intense 45-minute session.

**BUILD** functional strength.

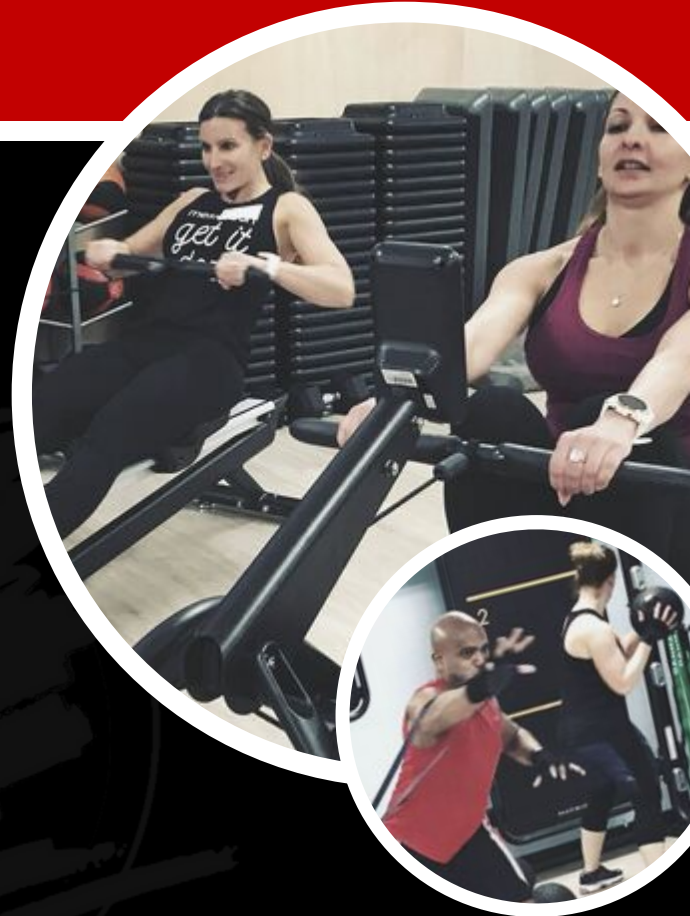
**INCREASE** aerobic capacity.

**BURN** fat.

**IMPROVE** cardiovascular health.

**REFINE** agility.

**AUGMENT** power.



2 Class Options!  
30 Minutes & 45 Minutes

Only \$5  
Per Session!

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MX4 is an exhilarating, fast paced training group that revolves around the four pillars of fitness. Cardio. Power. Strength. Endurance.

MX4 utilizes TRX suspension straps, smash balls, bands, Pliyo Boxes, battle ropes, landmine kettle bells, rowing machines, and other equipment to assist you into your best shape. Two class options are available. The standard 30 minute session and a longer, more intense 45 minute option. Each week this program will introduce 3 new challenging workouts.

MX4 provides a small group training experience at a fraction of the cost. This program will introduce you to an individualized training mode with more motivation, trainer direction, and accountability. The concept of this cutting-edge program uses high intensity interval training to push you out of your cardiovascular and muscular comfort zone. It is formulated as 4-5 stations of 4-5 minute exercise circuits with varying rest intervals between stations depending on the class you sign up for. MX4 is a fitness solution for all ages and abilities levels as the trainer can modify movement to better suit individual needs.

With MX4 you will...

**BUILD** functional strength by performing weight-bearing exercises that reflect daily activities.

**BURN** fat and build muscle faster with HIIT that activates a natural human growth hormone.

**AUGMENT** power with diverse resistance training.

**REFINE** agility with forward, reverse, and lateral drills.

**IMPROVE** cardiovascular health with full body exercises that are easy on your joints.

**INCREASE** aerobic capacity, strength, and endurance with unique upper and lower body exercises.

No matter what your goals are, MX4 will help you achieve more with **personal trainer attention, camaraderie, and challenging, progressive workouts.**

**Monday: 6:30 am (30 min.) & 5:45 pm (30 min.)**

**Tuesday: 7:45 am (30 min.) & 7 pm (45 min.)**

**Wednesday: 12:30 pm (45 min)**

**Thursday: 6:00 pm (30 min.)**

**Friday: 12:30 pm (30 min)**

**Saturday: 7:45 am (30 min)**