

POP-UP CLASS

METCON

WITH SHARON

WEDNESDAY | DECEMBER 19 | 8AM

METABOLIC CONDITIONING (METCON) IS A COMBINATION OF ANAEROBIC AND AEROBIC EXERCISES TO MAXIMIZE INTENSITY IN THE SHORTEST AMOUNT OF TIME POSSIBLE.

THIS 25-MINUTE POP-UP CLASS WILL CONSIST OF 3-4 EXERCISES DESIGNED TO INCREASE METABOLIC DEMAND AND ENERGY USAGE.

ALL FITNESS LEVELS WELCOME!



NO SIGN UP NECESSARY - JUST SHOW UP!