



# METCON

## Metabolic Conditioning

Transform your body into a fat burning machine with this 6 week metabolic conditioning program led by Personal Trainer and Certified Metabolic Conditioning Coach

**Jarissa Gillaspy**

### What You Get

- 12 Small Group Personal Training Sessions
- Nutritional Advice
- Before and After Total Body Assessment

During this 6 week program you will gain strength and shed body fat through the use of weights, machines, and bodyweight exercises.

Short intervals of high intensity work followed by complete rest will keep your body burning calories at a 25% higher rate for up to 8 hours after!

**Tuesday's 6:35-7:35pm and Saturday's 9:30-10:30am**

**September 5th—October 12th**

**\$175 for all 12 sessions.**

**Perfect for all fitness levels!**

**10 Participants maximum. Sign up before its full.**



Clinton County Family YMCA  
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