



CROSS TRAINING CLASSES**

Strength Camp

A combination of strongman training, athletic training and cardio conditioning. Consists of a full body workout including sled push/pulls, tire flipping, farmer walks, sandbag training, log press as well as sprints, plyometrics and agility training. (Class Limit: 10)

MetaBoot Camp

Using a combination of body weight exercises, light resistance training, sprints, core work, strength conditioning drills and anything else we can throw at you. (Class Limit: 8)

Meta Camp

A class that provides a great foundation for strength and fitness development. Learn basic barbell lifts as well as conditioning drills designed to challenge all aspects of fitness. Will include anything and everything we can dish out. (Class Limit: 8)

Ageless Strength

Geared towards those with more life experience, ageless strength will teach approachable lifting techniques, address imbalances and improve stamina and mobility. Includes plenty of instruction and demonstration, as well as recommendations for home based activities. (Class Limit: 8)

Advanced MetaBoot Camp

Our boot camp extended to 90 min and kicked up to the next level. (This is a weekend class. Class Limit: 8)

Strong(wo)man Saturdays

Strongman training for competitors. 90+ min and heavy. (This is a weekend class. Class Limit: 10)

Open Gym

Open gym is for enrolled members only. All workouts must be approved by MetaPerformance Staff. (Class Limit: 3)

Stretch & Recovery

An open format class to help increase flexibility, mobility and work on increasing speed of recovery. This is a loosely structured class geared towards identifying each member's individual needs. Members are encouraged to use this block to take advantage of the room and Meta Performance staff as well as perform their own stretching routines and exercises. (Class Limit: 8)

**Please pre-register for all cross training classes (including Open Gym) via the website, in person or via text or voice at

617-435-8569 as we do cap classes to offer you the best service possible.

PERSONAL TRAINING / ATHLETIC TRAINING

Private and Semi-Private Training | Team Training

Contact: Pamela 617-435-8659

Contact us for a free consultation today! Private and semi-private training programs are offered by appointment. Need an early morning or evening time? Let us know and we'll work to accommodate your schedule.

SPACE IS LIMITED. ENROLL TODAY!

metaperformancecenter.com