

## CLASS DESCRIPTIONS:

Our classes cater to all fitness levels, so wherever you're at we can find the programs that will best suit your goals! Why not get started now? The descriptions below the class schedule will give you a general idea of the class structure and activities. The idea is to continually "shock" the body as research demonstrates that it is the most efficient and effective way to improve your cardiovascular system, lose weight and build muscle. The endless variety of exercises and instructor styles insures that no two

### RE-BOOT YOUR BODY

Exercise class that involves a combination of cardio and strength. Circuit City will whip you into shape in no time! The class focuses on different exercises for an ideal well-balanced workout routine.

### CORPORATE / PRIVATE CLASSES

Speak with Kevin at [info@legendstrainingcentre.com](mailto:info@legendstrainingcentre.com) to have a class tailored for you!

### MMA STAND UP

Join the workout path that never bores you and gets you in the best physical shape possible. Test your limits and begin your journey to becoming a master at MMA.

### BJJ FUTURE CHAMPS

For Ages 3-10.  
Learn the Gracie Barra self-defense program with proper techniques and positioning while learning values of respect, discipline, and persistence.

### MMA NO GI

Learn to focus on using the no gi bjj method to gain leverage against an opponent. An effective self-defence system requiring students to rely on proper technique, rather than brute strength, to neutralize competitors.

### BJJ FUNDAMENTALS

Learn the Gracie Barra fundamentals and training that will allow a weaker and smaller participant to overpower their larger and stronger competitors. With emphasis on sparring and drills, we will help you advance your technique.

### TRAIN SMART BOXING

This class is designed for you to get fit the fun way! No two classes will ever be alike. The first part of the class will consist of cardio and strength exercises and will end a cardio boxing session. **This class replaced Ladies Cardio Boxing. If you took ladies cardio boxing before you would participate in Train Smart Boxing.**

### LIVE BJJ TRAINING

Whether you are a Gracie Barra veteran or brand new to the sport, the Live BJJ program will help you improve your skills, your fitness, and ultimately your competition.

### CO-ED BOXING

Get in shape and learn practical sparring and self-defense skills. This class is a popular way for men and women to train their muscles and cardiovascular systems in way that no other sport can.

### BJJ LIVE

At BJJ Live you can put your Fundamentals and Live BJJ training skills to the test .

### BJJ MOVEMENT

Practicing the fundamental movements of Jiu Jitsu.

### MMA SPARRING ALL LEVELS

Controlled safe setting to practice your skills.

### ADVANCED BJJ

White Belt with 3 stripes and higher.  
Learning the next steps of Jiu Jitsu.

