



## Specialty Training Program Descriptions

### **Olympic Action with Karen:**

Take your training to the next level with Karen! Interval training, circuit training, Acceleration training with dynamic programming, fitness with **ACTION** proven RESULTS!

### **BTT: Mixed Martial Arts (MMA):**

All ranges of combat: Stand-Up, the Clinch, Takedowns and Grappling. Techniques from Brazilian Jiu-Jitsu, Muay Thai, Greco Roman, Jeet Kune Do Concepts, Shooto and Kenpo. Have you seen the UFC or Pride Fighting Championships?

### **BTT: Submission Grappling:**

This class focuses primarily on Ground Fighting, utilizing the techniques of Brazilian Jiu-Jitsu, Greco Roman and Shooto. This class resembles wrestling, but with self-defense emphasis. Murilo Bustamante and Joao Miranda.

### **BTT Striking:**

This is Stand-up Fighting. Where the focus is on kickboxing and the Clinch aspect of Fight Science, using Focus Mitts, Thai Pads and Sparring.



### **Boot Camp with Kim:**

Is a fast paced, challenging workout consisting of cardio, strength training, plyometrics, core work, drills etc. Boot Camp will help get you into the shape you desire, while burning tons of calories! by Kim Masinter.

### **Bokwa Training Program with Paul:**

The training program is one 1 to 1.5 hours in length. Each training program is an intense cardio workout combining elements of African dance, capoeira, movement, kickboxing, light-boxing, body conditioning, foot work and free-weight training. This training program is created by Paul Mavi: Dancer and Personal Trainer.

### **"Butt" Blaster Workout with Jillian:**

30-minute intense focus on sculpting hips, glutes and thighs! Tighten, tone and sculpt your entire lower half. Burn more than 500 fat and calories in a half-hour. Lift your spirit and your rear!!

**Westside Media Center  
12100 Olympic Blvd Los Angeles, CA  
90064  
310.836.8000  
www.bodiesinmotion.com**

Fullerton Century City Encino Northridge Pasadena Westside  
La Brea San Rafael Rolling Hills Miracle Mile



# SPECIALTY PROGRAMS

- Bokwa Training Program •
- "Butt Blaster" Workout • MMA Academy •
- Olympic Action • Fit Body Boot Camp •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45am-6:45am Fit Body Boot Camp <F> Kim		5:45am-6:45am Fit Body Boot Camp <F> Kim		<G> (10-12 Noon)  MMA Academy Brazilian Top Team	
	Karen Olympic Action 10-11 am		Karen Olympic Action 10-11 am			
		<b>Happy New Year</b>				
	<G> <u>6:00pm</u> Beginner Training		<G> <u>6:00pm</u> Beginner Training			
	MMA Brazilian Top Team <u>7:00pm-8:15pm</u>		MMA Brazilian Top Team <u>7:00pm-8:15pm</u>			
				<F> <u>6:30PM-7:30PM</u>  Friday Night Party		
<F> <u>8:15PM-9:30PM</u>  Bokwa Training  Paul		<F> <u>8:15PM-9:30PM</u>  Bokwa Training  Paul		Bokwa  Paul	Jillian <F> "Butt Blaster" Workout 1:00 PM	<b>Key</b> <G> Grappling Room <F> Fitness Room <Y> Yoga  Westside Facility  Business Hours: Mon-Thur: 5AM-11PM Friday: 5AM-9PM Sat-Sun: 7AM-7PM



Phone: 310-818-7261 (Inquire for more information).  
Membership required for Specialty Programs.

January-10

