



## Specialty Training Program Descriptions



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

**\$129 per month. Tu/Thurs 10 am.**

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.

Offered 5 days per week and  
\$199 per month.

### **Executive Boot Camp:**

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!

With Matteo! "Anything Goes".

\$129 per month M/W 6-7am.

### **"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!!

\$89 per month Saturday's.

### **"XDB" Training Program:**

The training program is one 1 to 1.15 hours in length. Each training program is an intense cardio workout combining elements of dance, movement, body conditioning and free-weight training. This training program is designed to sculpt, tone, lose weight and transform your whole body! Come Join the fun with Karen and friends with one of the most exciting cardio programs at MBIM Westside!

\$139 per month M/T/W.

(Check February promotions available until 2.25.10)

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