

Program Descriptions



AFTERBURN

Are you ready for something different? Many people strength train with weights while others do cardio or aerobics - somewhere in-between is AFTERBURN, the ultimate fat loss workout. Some of the tools and techniques may seem new to you, but many have been around for over 100 years! Not only will you burn up to 1000 calories per hour, you will continue to burn fat and calories up to 48 hours after your workout is complete. Hence the name...AFTERBURN!

INDUSTRIAL STRENGTH

Want to get stronger, slimmer, and more athletic? INDUSTRIAL STRENGTH is the solution. Working with heavier loads and less reps means more strength without bulk. This program combines old school tools with modern science to provide you with the fastest path to better strength and conditioning.

SMALL GROUP PERSONAL TRAINING

In the Small Group setting, we will play you in the proper level of training for your goals and concerns. During your training session, you will meet with one of our certified trainers in our Small Group format (2-6 people). In this personalized setting, you will be exposed to in-depth instruction while focusing on your specific goals. It is just as good as personal training at a fraction of the cost with the added motivation of your workout partners.

Membership Rates

	Online	Team	Performance	Elite
Annual Membership Rates	\$99 / MONTH	\$179 / MONTH	\$249 / MONTH	\$299 / MONTH
6 MONTH MEMBERSHIP RATES	\$129 / MONTH	\$199 / MONTH	\$299 / MONTH	\$349 / MONTH
ORIENTATION	✓	✓	✓	✓
INDIVIDUAL PROGRAM DESIGN	✓	✓	✓	✓
ACCOUNTABILITY ZOOM VIDEO CONFERENCE			✓	✓
UNLIMITED TEAM TRAINING		✓	✓	✓
SMALL GROUP PERSONAL TRAINING			8 PER MONTH	8 PER MONTH
NUTRITION				✓
INBODY BODY COMPOSITION ANALYSIS		✓	✓	✓

20% ADDED ON TO 6 MONTH MEMBERSHIP FOR MONTH TO MONTH



next generation

Training Center

Wyckoff Location

4 Aspen Drive
Randolph, NJ 07869
(Inside of Athletic Republic)
P: 973-699-4852

Randolph Location

450 Braen Avenue
Wyckoff, NJ 07481
(Inside of Teel's Baseball Academy)
P: 845-641-1549

Montville Location

3-3N Mars Court
Montville, NJ 07045