

Maki Performance Training Classes

“Take Your Training to The Next Level”

Maki Fit Boot Camp PM{mgmediabot2}path=videos/makifit1.flv|width=300|height=220{/mgmediabot2}
 Maki Fit group training consists of using a multitude of different techniques and tools to develop the body. Maki uses medicine balls, kettle bells, sand bags, tires, sleds, free weights, bands and body weight exercises to increase the strength and physical conditioning of the participant. This class is not for beginners however it can be modified if the participant is just beginning back into fitness. Trainer: Maki Riddington Cost: Punch Card Drop in: \$20 Time and Day: Mon/Tues/Wed/Thurs 7-8 pm Sat: 8 am and 10 am classes

Class Schedule:

Click here for the latest schedule. Maki Fit Boot Camp AM{mgmediabot2}path=videos/fitnessbootcamp3-med.flv|width=300|height=220{/mgmediabot2} Are you satisfied with your current workout routine? Is it producing the results you're looking for? Maybe you've been sleep-walking from machine to machine at your gym and need a kick start. Or you've run out of excuses as to why you can't get the results you want. Fitness Boot Camp delivers GUARANTEED RESULTS. After one month, you will start to see changes taking place in your body. By the second month people will start commenting on what you've been doing, your friends will want to know your secret. Trainer: Maki Riddington Cost: Punch Card or \$150 for 4 weeks (12 sessions) Commit to three months and only pay \$99 per month! Drop in: \$20 Time and Day: Mon/Wed/Fri 6-7am

For more info visit www.fitnessbootcamp.ca.

Class Schedule: Click here for the latest schedule.

Spinning

Spinning is an aerobic exercise performed on a specially-designed stationary bicycle called (obviously enough) a spinning bike. Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast.

Location:

S.A.M.P.A Studio
 11960 Hammersmith way unit 150
 Richmond B.C., Canada

< Map >

Dates:

Classes currently unavailable
 Cost: \$15 drop in
 Maki Fit punch card

Instructor: Shanna Lynn

Class Schedule:

Click here for the latest schedule.

Muay Thai Kickboxing

Trainer: Hon Lee

Cost: \$80 per month Time and Day: Monday/Wednesday/Friday 7-9pm

Contact: Cesar Narita at 778-322-0753 If you want to learn the fundamentals of striking and learn how to use your hands this class will set the foundation for becoming a good boxer. Wayne has over 10 years of boxing experience under his

belt as well as numerous fights. Come learn from someone who has a lot of knoweldge to share and learn how to box the right way.

Class Schedule:

[Click here for the latest schedule.](#) Power Crunch

This 60 minute class consists of a full body workout using dumbbells and sandbags. Experience the latest training movements using one of the hottest new training tools. This is a great class that strengthens all the major muscle groups of the body and will push your strength and body to a new level.

Trainer: Maki Riddington Cost: Punch Card Drop in: \$20 Time and Day: Mon/Wed 6-7pm

Class Schedule: [Click here for the latest schedule.](#)

Cardio Kickboxing

Want to learn how to punch and kick, work up an incredible sweat, burn fat and work that stress off? Cardio kick box is a fun workout that will leave you drenched but feeling great about yourself! This class uses Muay Thai and traditional boxing techniques and fuses together a great combo gauranteed to leave you wanting more.

Trainer: Maki Riddington/Anton Kuhn Cost: Punch Card Drop in: \$20 Time and Day: Tuesday/Thursday 6-7 pm

Class Schedule:

[Click here for the latest schedule.](#)