

PREP4NS FITNESS CLASS SCHEDULE

Time	MON	TUE	WED	THU	FRI
11:00 AM		FITPRO (60min)		PREPFIT (60min)	METCON (30min)
09:30 PM	PREPFIT (60min)		METCON (30min)		FITPRO (60min)

Classes are available at all six EnergyOne Gyms.

Interested in participating in Group Running? Check back in Jan 2020 for updates.

CLASS BOOKING

Classes have limited slots available for booking due to limitations in class size. As such, please book your classes at least 24hours in advance either through Whatsapp at +65 91994054 or call our [gyms](#) during operating hours.

CLASS DESCRIPTION

METCON (Metabolic Conditioning)

Duration : 30mins

Focus: Muscular strength, Muscle building & Endurance

Inspired from our classic GET HIIT Adult class, METCON is a quick workout interval class consisting of six different stations, 30 to 50sec of workout per exercise with shorter rest time to focus on muscular strength, muscle building and endurance. This class will prepare and condition your overall fitness.

PREPFIT (IPPT Specific training)

Duration: 60mins

Focus: IPPT Stations

This class targets three specific aspects of the Individual Physical Proficiency Test (IPPT): push-up, sit-up and 2.4km run. On PREPFIT training days, participants will work on all 3 IPPT components, focusing on muscular strength, endurance and cardiovascular fitness that will prepare and condition you for IPPT.

FITPRO (Fitness Proficiency Test)

Duration: 60mins

Focus: IPPT Test

Test your basic components of physical fitness and motor skills to the IPPT standards and scoring system.