



Welcome to LEMAFit



What is LEMAFit?

LEMAfit is a 1/2 hour, high intensity, interval training program.

There are no partners and no contact, just YOU and a Bag! In this fun, energetic, and exhilarating workout you will do five-5 minute rounds. Each round is broken down into seven-45 second intervals. During each interval you are doing a different exercise.

This fast paced workout is designed to work your entire body. You will get an incredible cardiovascular workout while simultaneously building power and explosiveness in your muscles.

The best part.....It only takes a half hour!

Heart Pumping, Sweat Pouring, Kick Butt Workout!

Frequently Asked Questions:

Is there any contact in LEMAFit?

NO! There is no contact or partner training in LEMAFit. LEMAFit is a fitness program designed for individuals to work at their own pace. The exercises are safe for women and men.

Is LEMAFit a Martial Art class?

No, LEMAFit is not a martial art but is based on the training methods used by Mixed Martial Arts athletes. MMA participants are considered to be accomplished athletes who have obtained the highest levels of fitness. We have modified some of their training techniques to create this fitness program. LEMAFit is designed to get you into shape like a professional fighter without ever stepping into the ring. This makes LEMAFit not only one of the best and most challenging workouts you can get, but is also safe and fun!

Do I need martial arts experience?

No, you do not need any martial arts experience to participate in LEMAFit. Our instructors will teach you everything you need to know to get the most out of your workout.

I have never worked out before.....is LEMAFit for me?

Yes, unlike other types of fitness classes where an instructor is leading a group of people through various exercises at a certain pace, LEMAFit is broken down into intervals in a way that you can follow the exercises without worrying about how fast the people around you are going. An individual can push themselves at their own pace for each exercise. There are also always modifications to each exercise to suit you.

LeadingEdgeMartialArts.com



LEMAfit *Memberships*



How does your LEMAFit Membership Work?

- **Reservations:** LEMAFit at LEMA has limited spaces per class. Reservations must be made prior to participation. All students must register using the our app. Click the “Hamburger” in the bottom right corner. Click on classes and appts. Click class/appointment type. Choose the class you which to attend. You may book up to 8 days in advance. If a class does not appear, then it is either full or blocked out for the day.
- **Missed Reservations:** Because of the limited class size, reservations require a 24 hour cancelation notice. If a reserved class is missed without proper cancelation, then the member will be charged for the class. LEMA Fitness Members will be charged one punch on their card. LEMA-Premium members will be charged \$10.
- **LEMA Fitness Members:** LEMAFit Members must use their LEMAFit Punch Card towards LEMAFit Classes. One card punch per LEMAFit class. ***Please grab your card located on the front desk before every class and hand it into the instructor for attendance.
- **LEMAfit Punch Cards:** LEMAFit punch cards are available in 2 versions.
10 classes for \$150 (\$15 per class) Three Month Expiration
20 classes for \$260 (\$13 per class) Six Month Expiration
- **LEMAfit Premium Members:** LEMAFit Premium is an unlimited Membership which is \$90 per month. This is only available via autodraft for billing. 30 day cancelation required.
- **LEMA Plus:** This is for LEMA Martial Arts members only. Add \$30 a premium to your tuition and receive unlimited LEMAFit classes.
- **LEMA Martial Arts Families:** We appreciate all our LEMA families. As a thank you for your support and being #LEMAstrong, you will receive a discount on our LEMAFit programs. Parents / spouses of existing martial arts members get 20% off our LEMAFit programs.

REQUIRED ATTIRE AND EQUIPMENT

- LEMAFit Members: Please wear comfortable workout attire and limit your jewelry. No shoes are permitted in LEMAFit classes.
- LEMA Plus Martial Art Members: Must wear a LEMA t-shirt and comfortable workout shorts or pants.
- Fingerless bag gloves are recommended. They are available in our pro shop and we can order them for you. If you already have a pair you are welcome to use them.