

HM4 FITNESS ANNOUNCES THE RETURN OF

PAIN IN THE PARK

WITH Mike Monroe

No frills, no fluff. You will work hard. You will get dirty. You will be challenged. You will have fun!!!
Join Mike Monroe as he leads you in unique, multi-dimensional fitness training.

The Workout

Each class will feature a uniquely designed workout that will improve overall conditioning, strength, and endurance. Workouts will incorporate aerobic/anaerobic training (ex. running, sprinting), resistance/strength training (ex. Calisthenics using your own body weight) as well as dynamic movement (ex. jumping, bounding).

Your Leader

Mike is an avid triathlete and endurance sport/ultra-marathon competitor. He has completed numerous triathlons of all lengths, including an Ironman, as well as several adventure races. Additionally, Mike was one of 4 people who completed the first ever duathlon across the US—averaging 100 miles per day (10 miles running + 90 miles cycling) for 27 straight days. Mike recently completed the "World's Toughest Footrace"—The Marathon Des Sables, 150 miles through the Western Sahara, finishing 4th among the American competitors.

Prior Experience

A National Academy of Sports Medicine Certified Trainer, Mike has been designing programs and training people for the last 8 years. His clients range from the complete novice to the competitive athlete. He has helped people with everything from basic weight loss and general conditioning to training for specific events such as triathlons, marathons, and cycling events.

Previously, Mike served twelve years as an infantry officer in the U.S. Marine Corps. He served as a leader of a Marine Force Reconnaissance Unit (Special Operations) and as an exchange officer to the elite British Commandos. Mike also served in the Operations Directorate of the CIA. Mike has graduated from some of the most physically and mentally challenging military schools in the world.

Schedule:

Classes will be held on Saturdays: intermediate level 9-10am, advanced level 10:15-11:15am. Classes will take place in Central Park - meet at the Boathouse near 72nd St cut-through. Class size is limited to 16 per class. Cost is \$30 per class. Classes will be held in almost any type of weather. Dates: Sept 6, 20th, Oct 4, 11, 18, 25. Come for one or come for all. Nov schedule is TBD.

Class Levels:

Intermediate level=someone who works out 8-12 hrs per month. **Advanced level**=someone who works out 14+hrs a month.

SIGN UP TODAY
CALL [REDACTED] to register

*You must sign up each week by Fri at 12pm. Payment will be due at the start of each class.
Liability waiver will be required by all participants.