



**DCAC Convention
Master Classes
Saturday, August 2nd at 11:30am
Sunday, August 3rd, at 7am**

Master Class Description

America's Trainer Jillian Michaels brings you her revolutionary, whole body, metabolic conditioning workout. Taught by Master Trainer Zuta Gilchrist, this high intensity class will have you burning crazy amounts of calories and incinerating fat not only during the workout but hours after you've left the gym. Define muscle and condition for peak performance using Jillian's 3-2-1 interval/circuit training approach – 3 minutes of strength, 2 minutes of cardio and 1 minute of core, all packed into a fresh and fun 30--- minute workout.

Equipment

All you need for this class is a mat and set of light dumbbells! We recommend 3lbs and no more than 5lbs.

Format

- 3-min Warm-up
- Four 6-min Circuits integrating strength, cardio and core moves, totaling 24 minutes
- 3-min Cool---down

Length of Master Class

30 minutes!

Thank you for attending Jillian Michaels BODYSHRED™ Master Class at the DCAC Convention. To learn more on becoming a certified BODYSHRED™ instructor, please contact Maria Bellizzi at mb@empoweredmedia.us.

Stop by our booth at DCAC to learn more about the program or visit Jillianmichaelsbodyshred.com