



FAQ

1. What is Hit It!®?

Hit It!® Fitness is the company that owns and certifies instructors on 3 different formats...

Hit It!® Kickbox: A high-energy class that fuses cardio-kickbox and nightlife culture, DJ KJ® makes you sweat while mixing motivation with the hottest music around! This format takes a unique approach to fitness focusing on effectiveness and results. Basic boxing, kickboxing and tae-kwon do moves are used in the class content MINUS the fluff and dance moves!

Hit It!® Kickbox II: The same awesome intensity and killer music as Hit It!® Kickbox BUT incorporating HIIT Drills (High Intensity Interval Training)! This format makes Kickbox easier to follow for newbies, jacks up the intensity for your intermediate to advanced fitness junkies and provides plenty of modifications for those that typically cannot handle HIIT.

Hit It!® P.O.W.E.R. The hottest cardio, resistance training and core interval class around incorporating moves derived from boxing and MMA training and the use of P.O.W.E.R. Punch Gloves! This class is designed to be an intense full body conditioning class which can totally reshape the entire body.

2. What are P.O.W.E.R. Punch Gloves?

Power Punch Gloves are a mixed martial arts (MMA) glove with a removable resistance attachment in the back of the hand that can be attached to resistance bands allowing users to get a resisted exercise while punching a bag, mitt or mid-air. They have been proven to work great for various styles of group aerobic classes, small group training, one-on-one training and martial arts training. Retail cost of gloves is \$80. Wholesale orders are available and cost \$43 (10 or more).

3. What makes Hit It!® Fitness trainings so unique?

Our trainings include form, technique, musical phrasing exercises and choreography breakdown drills which will help to enhance the leadership role of the group fitness instructor. Our formats are modern, edgy and proven to provide results. Well known Nightclub DJ, DJ KJ® (Chicago) mixes all of the hottest tracks to fuel the energy and motivation needed in the group fitness classroom. What sets us apart is the fact that we appeal to ALL levels, both women and men and our music + choreography is undeniably amazing!

4. What are the benefits to hosting a training?

By hosting a training at your facility you receive one free training for you or a star instructor of your choice! You also get the benefit of having something fun and unique to brag about to your members...a free master class held the day of the training! These master classes create so much excitement within the club and get participants and staff pumped about a potential new class coming soon to your schedules! These master classes can be a way to generate new members or revenue if you decide to charge for it! Plus your instructors and members get a discount when registering for the training!

5. What is required from me if I book a training?

We require a minimum of 10-15 registrants to facilitate the training. It is pertinent that you communicate with your staff often and consistently about the training and get them to sign up! Email instructors personally that you think can benefit from this training and make your intentions known if you decide to add this to your schedules. In addition, it is important the club staff is aware of the training AND the master class. We provide you flyers and marketing material. It is also important that your members are fully aware of the master class!

6. What comes with the training?

All Hit It!® Fitness trainings come with free music, a choreography dvd/notes, an in-home workout dvd and P.O.W.E.R. Punch Gloves (P.O.W.E.R training only). In addition, ACE and AFAA CECs are awarded and instructors can take advantage of deeply discounted instructor networks and our branded line of fitness clothing! We suggest you promote the early bird pricing ASAP to your instructors as it is nearly unheard of for a training that offers this amount of CECs (+ priceless information!) for the low cost that we offer. We understand that instructors spend a large sum of money on trainings, conventions, networks, etc. and take pride in offering such a valuable training at an affordable cost.