

"I feel awesome and totally badass." - Kathy E.

"This challenge really did change my life." - Nancy N.

TESTIMONIALS

"It was amazing! I've never felt so good!"

- Cat W.

"This was life-changing for me. I would highly recommend this Challenge to friends, and plan to do so. Just waiting to share this with the world."

- Sarah T.



SPARTAN CHALLENGE

6-WEEK COMBAT FITNESS PROGRAM

"Thought I was going into a 6 week "boot camp" but instead I received 6 motivational weeks of pushing myself out of my comfort zone and doing things I did not ever think I could. Each class you keep getting faster, and stronger without repeating the same exercise every class. You could never say you are bored of the curriculum, no two classes ever repeat themselves. You walk away with real results and the knowledge of the hard work it takes to get those results. The challenge is nothing less than addictive and a great time." - Paul B.

"Absolutely the best exercise class I've attended!" - Alexis V.



Maddi Maclean recommends Spartan Krav Maga.

December 22, 2018 at 10:58 AM · 🌐



I love this gym and Cyrus is the best. The 6 week program really helped me get back into a fitness routine and challenged me on the diet. It really feels like a community at Spartan Krav Maga and you'll always see familiar friendly faces when you're there who will encourage you to keep at it. The Kravfit classes are a perfect combination of intense fitness and actually learning about the martial art. I'm done my 6 weeks now and am looking forward to continuing training here and improving my Krav Maga skills!



Start a private conversation with Maddi Maclean in Messenger.

Message



Tina Pirkas, Sierra Hewson and Cyrus Osena

1 Comment



Helen Dennis I couldn't have said it better myself! Best decision I ever made even though I wasn't sure if I could cut it (I'm 62 with a bad knee) but Cyrus modifies where needed and the energy and comraderie of the people in my evening class has given me the incentive to keep going. The Paleo plan not only has yummy dishes but they keep me full without needing to reach for my vice (chocolate). Already saw results week one and looking forward to the next five.

Like · Reply · 12w





Christopher Climie An amazing opportunity!!! I lost 30 lbs in 6 weeks and have never felt better!!

Like · Reply · Message · 2d

"I loved everything about it. I loved that it pushed me but I didn't feel overwhelmed. It was challenging but attainable and I really enjoyed the teamwork atmosphere." - Kim C.

"It's different. It's not treadmills and weight machines. The cardio and strength training is there but always presented in a way that is new. Makes time go quickly." - Ethan W.



Relance Christian recommends Spartan Krav Maga.
December 17, 2018 at 9:57 PM · 🌐

I recently completed the 6 week Spartan Krav Maga challenge and I have never felt more energetic! I am not a lazy person but definitely carried few extra pounds on me. I've tried different workouts to "get in shape" but was never able to complete them. I had considered joining a kickboxing class multiple times but never really thought I could workout with a trainer or in group. The Spartan Krav Maga classes changed my mind about it. On my first day, I met complete strangers between 18-50 years of age and each one at a different level of than the other. The class started with a 10 minutes of warm-up and then soon we were throwing punches at each other! The last 10-15 minutes are reserved for some gruesome workouts, collectively known as The Board. I went home with my t-shirt drenched in sweat, yet feeling amazing. The next morning, I was a sore. But the same evening, I was back at the class, asking for some more! Doing this for 6 weeks, with the paleo diet was challenging but the group accountability sessions kept me true to myself. All coaches, Cyrus Osen, Michelle Jeck and David Gibson were amazing! They are motivating, supportive and understand needs/limitatons of each member. I highly recommend Spartan Krav Maga classes to anyone interested in learning Krav Maga, wants to get fit or simply wants to change up their workout!



Start a private conversation with Relance Christian in Messenger.

Message

Spartan Krav Maga, Tina Pirkas and Michelle Jeck



Love



Comment



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Message



Write a comment...



"I think this challenge was exactly what it was promised to be - motivating, exhausting, progressive, challenging but most definitely rewarding. The diet may be something to get used to, however it does make you feel a lot better. In addition to weight loss results, spatial awareness is something you develop subconsciously and, at least for me, something that became involved in my everyday life rather quickly. I would 110% recommend this challenge to anyone interested. It may seem scary at first, but it is not something to regret. Cheers Spartans!" - Sabrina D.



"After the first class I didn't realize how out of shape I was - it was a huge eye opener. I knew my weight was out of control and didn't know how to fix it. Going to the gym wasn't helping so I was looking for a change, something to motivate me and push me. As the weeks went on I could see progress, getting stronger, the weight was coming off, feeling better. From day one starting the Paleo diet I was committed. It was frustrating at first just all the prep and preparing the meals, but as the weeks went on I got into a groove and it was a lot easier, and fun finding new and interesting meals. Even though each class was at some times challenging they were always new and interesting and at the same time fun. I was fortunate to have great guys in the class we all helped one another get through each task. It was a great experience and I was amazed by how far each and everyone had come since day one. Even personally, I am amazed by my transformation I still have a long way to go to meet some personal goals but after the first 6-week challenge I am looking forward to the next chapter in my life and my second 6-week challenge. Just want to give Cyrus and the staff at Spartan Krav Maga a huge thanks for being there and giving me and other people a fun and interesting chance to change their lives."

- Shawn C.

Shane McNally recommends Spartan Krav Maga.
December 26, 2018 at 10:38 PM · 🌐

Spartan is hands down one of the best places ive had the chance to train at. the people are amazing and incredibly supportive. The scheduling is simple and straight forward. classes are great and easy to follow for any level. but also challenging for people with some experience. Highly Recommend

Start a private conversation with Shane McNally in Messenger. [Message](#)

Spartan Krav Maga, Tina Pirkas and Michelle Jeck

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"This Challenge has drastically boosted my confidence, my strength and my belief that I can actually reach the goals I have only ever just dreamed about reaching. It has given me more energy, drastically decreased my anxiety and has given me something to look forward to and be proud of. This 6 week program has changed me and I am so excited to move forward and continue this practice. Thank you Cyrus and Michelle for helping me believe that I have the strength to reach my goals!"
- Alison L.

Sarah Taylor
September 15 · Add Topics

A follow up to last weeks post(s).

Just have to say how great I feel with this food and activity plan. A little about me: I have been a size two, and I have been pushing a size 16. I have low carbed, low fatted, juiced (mostly veggies, which I still do and love), Atkinsed, Cabbaged, and (I) eaten sensibly with portion control. However my Kryptonite has always been the B word.

This plan leaves me full, I don't miss the sugar or the B word (surprisingly) and my first test was last night st the Keg with family. Had bacon wrapped scallops for a shared appetizer, and a steak with steamed asparagus.

Kept on plan, avoided any weirdness at ordering time (just confirmed no butter used in the cooking) and enjoyed my food. Kept half the steak for leftovers.

My energy is through the roof, and muscles are a little less sore.

Thank you, Cyrus and the rest of the team. And thank you to the people in my MWF noon group. Really excited for the next 5 weeks and beyond!!

How is everyone else feeling?

(Pic for attention and motivation and is NOT a picture of me).

"This get fit challenge was even better than I had expected. Having previously taken the women's self defense class as well as some weekend programs at Spartan Self Defense I had fairly high expectations. These classes have not disappointed. The progressive workouts have been extremely challenging but never without incredible support and encouragement from Cyrus as well as the other participants. Cyrus' leadership is what keeps the class motivated and wanting to come back. The most challenging part for me has been the paleo diet. Three weeks into the challenge and I'm feeling great! I'd do this challenge again and will certainly recommend it to friends." - Karen R.

"I think it is excellent! There is nothing I could say to make it better. Cyrus is the best instructor i have ever had the pleasure of being taught by. The structured classes and vigorous workouts have sculpted my body and have left me feeling fit and ready for anything! I have recommended this class to anyone who will listen. Thank you for everything!" - Laura T.



"Hardest workout I've ever done but also the most fun! I don't ever remember laughing so much while working out." - Nicole W.



Jordan Searle
October 22 · Add Topics

Two things I am proud of, being a combat medic and a civilian Paramedic, it's been a while since My personal fitness has been to this level. And this is why I took the Spartan class, I don't do gyms or mirrors. 6 weeks has flown by and I am fitter stronger and healthier. Thank you to Cyrus Osen, the staff and the fellow students. You are all awesome and trust me in the end it's all worth it. I'm continuing with the diet and training for the future so hope to see you all, and future students there.

Ha-matsil nefesh achat, keilu hitsil olam shalem (He who saves one soul, it is as if he saves a whole world)



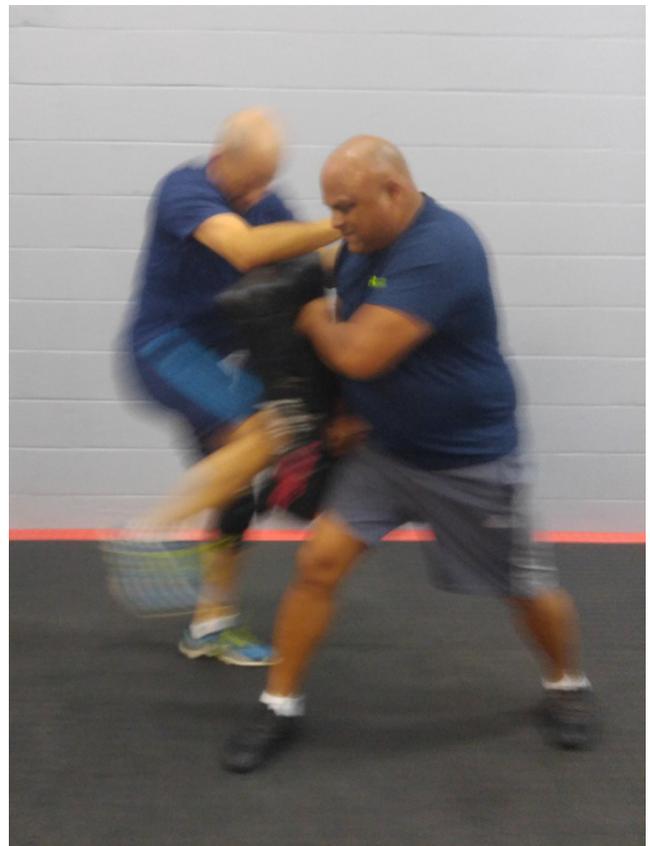


"This challenge made me think a lot about my diet and how showed me how some simple changes can make a significant difference. It also provided a great team environment to fitness that was always interesting and challenging with every white board that Cyrus put forward. Overall the "Six-Week Fitness Challenge" was a really cool experience. Thanks very much Cyrus!" - Dan P.

*"Loved it!!! Why I signed up to continue another 6 weeks."
- Liz P*

"Too much fun! Is there such a thing? I not only hit my goals, I crushed them! By a mile! Thank you, Cyrus!"
- Danni K.

"I loved the variety of exercises as I mentioned it before and that most of us in this group started the same way - struggling here and there, but was able to challenge each other to give that extra push we needed. I had a fantastic group of ladies to work out with, and we all had GREAT FUN!"
- Beatrix L.



"This challenge was exactly what I needed, without knowing what I was getting into! While it can be intimidating at first, the challenge pushed me to focus on getting fit, losing weight and regaining energy. While the idea of martial arts and aggressive fitness training can be intimidating, the instructors made the classes fun and pushed us to do more within our own limits. I would definitely recommend it to a friend!!!" - Melissa L.



"I was anxious at first as this was totally new to me, but after the first class, I felt super comfortable and I got my motivation back, the classes are super fun and not monotonous which makes this program fun to do and you want to participate. I feel so good after the class and actually look forward to the next class. Cyrus who runs the classes is awesome and makes the classes super fun and is always looking after his pupils. I hope to find something like this when I go back home to South Africa! It makes exercising fun! Thanks to the team at Spartan and I look forward to spending my last 5 weeks with you. Weight lost 17.2 pounds, but most of all I feel good and have my motivation back. Thank you." - Clinton C.



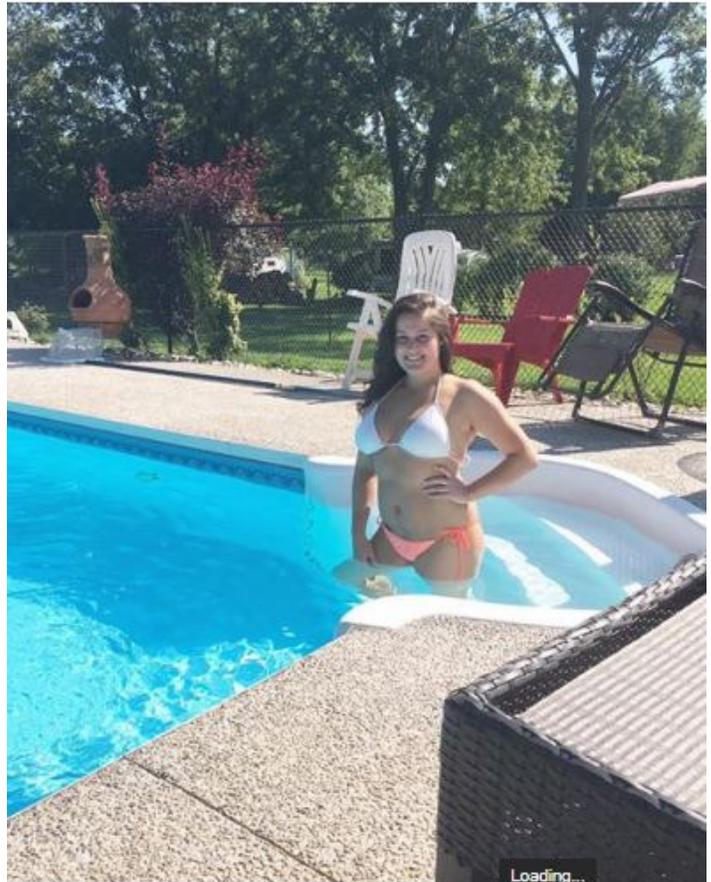
The difference one year can make!

PHOTOFY



Mackenzie Nicole
August 23, 2016

Went for a bridesmaid dress fitting and the lady told me I'm at least one dress size down from what I ordered! Worth the \$ in alterations 🙌🙌🙌
#itworksifyouworkit thanks Cyrus!!!!



Loading...

Denise Exner Kay, Amanda Lee and 17 others

2 Comments Seen by 49



KP Elizabeth
February 1 · Caledonia

And it all started at the Spartan Get Fit Challenge!!! Started in January, and really kicked 2017's butt!!



Samantha Reid, Courtney Rebecca and 12 others

4 Comments Seen by 73

"Very cool! Worth all the time, energy and cost!"

- Alex B.

 **Kari Covelli Michie** is with Ann McCulloch and Liz Matthew. February 17, 2017

We did it!
Combined - 29lbs - 17"!
Girl power! 🍌



  Samantha Reid, Courtney Rebecca and 18 others 2 Comments Seen by 65

 **Samantha Reid** is 🤩 feeling fabulous. February 8, 2017 · Burlington

That moment when you finally fit into a favorite pair of jeans that have always been too tight, and actually have room in them!!! Amazing the changes I've seen in myself both physically and mentally, and in such a short time. Working with such an awesome group of incredible ladies and great trainers definitely helps. Thought I'd share!!

   Courtney Rebecca, Sherrie McKay and 18 others 4 Comments Seen by 67

 Like  Comment 

View 2 more comments

 **Asia Dabro** Wow! Amazing 🤩 congrats  1
Like · Reply · 1y

 **Samantha Reid** Thanks ladies!!
Like · Reply · 1y

 Write a comment...    

 **Tamara Angelis** July 29, 2016

I need to share this!!! Before I started the challenge I had a favourite pair of shorts I couldn't get past my hips...I tried them on yesterday and not only did I get them past my hips...but I had them done up and fitting PERFECTLY!! I can't believe it! Thanks Cyrus!!

   Denise Exner Kay, Brandy V. Dwyer and 16 others Seen by 41

 Like  Comment 

 **Samantha Reid** is 🤩 feeling strong. February 18, 2017 · Burlington

Wow, what an amazing 6 week journey. To meet such a great group of ladies and work with really fantastic trainers....this truly was one of the best experiences for me. I came into this challenge with a open mind but also with quite a bit of fear of failure. But I surpassed my goal and made some amazing friends along the way. Thank you Cyrus and Michelle for you motivation and wisdom. Thank you challenge ladies for being so positive and making this super fun!! Wish all of you nothing but continued success!

  Courtney Rebecca, Sherrie McKay and 12 others Seen by 62

 Like  Comment 

 **Cheryl Ferguson** August 18, 2016 · Burlington

I got home last night and realized how much I am loving the Challenge! I think we have a great group of women who support and encourage other and I truly look forward to each session. Thanks ladies!

"You get strong to get strong. Because strong is awesome. Strong needs no further justification."

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  Denise Exner Kay, Amanda Lee and 9 others 3 Comments Seen by 48

 Like  Comment 



Kari

Hi!
Hope all is well.
Wanted to thank you both for the start to my transformation. After leaving Krav, I worked out 5, sometimes 6 days a week on a meal and personal workout plan. Turning 50 in December and being in the best shape I could get in was one of the goals on my bucket list to complete. I'm happy to share with you y fitness photos I had done a couple of weeks ago.



Melissa Lewandowski

6 reviews

★★★★★ 3 weeks ago

I started my journey with Spartan Krav Maga over the summer with the six weeks challenge. It was intense and motivational, testing my strength while knowing my limitations. I continued my membership here and come 3-4 times a week. They have a flexible schedule, with classes pretty much every hour after 6:30pm, M-F. While the work-outs can be intense, it is worth every second of hard work. Great instructors who make it "fun". Once you join, you'll begin a love/hate relationship with "the board"... (you'll know what I mean once you sign up!) Definitely would recommend for anyone who is looking for an alternative experience than simply going to the gym. I've lost 20 pounds since starting, and have slimmed down inches in the areas that desperately needed it! Kind of cool to see muscle tone in places that I have always struggled with.

← Reply Like



kate williams

1 review

★★★★★ a month ago

When you're scrolling through social media, the advertisements seem endless. Targeted ads pop up all over the place, try this, buy that. 99% of the time I don't click on them. But 7 weeks ago the 6 Week Challenge ad promising hard work and earned fitness outcomes pulled me in. As someone who grew up an athlete, fitness has always been a part of my life. However, as we all know, over time it can become exceedingly difficult to do the same thing over and over again. Clicking on that link was one of the best fitness choices I have ever made.

The last 6 weeks have been inspiring. Each class was unique and engaging; providing a great balance between learning challenging new skills and refining more traditional movements that support our learned techniques. After 6 weeks of motivation from wonderful instructors and being surrounded by dedicated and hardworking individuals I am fitter and more motivated than I have been in many years. My goal was not weight loss but rekindled motivation and the classes and culture at Spartan provided a wonderful platform to achieve that goal.

← Reply Like



Brad MacEachern

1 review · 1 photo

★★★★★ 2 months ago

I can't say anything bad about this gym. My experience with the 6 week Spartan Challenge at Spartan Krav Maga has been one that I will be forever grateful for. The last 6 weeks took a lot of work but how I feel makes every second of it worth it. The staff and instructors are all top level and very motivational. I find myself excited to go to the classes every day! I love the variety and high energy workouts. You end up developing such a love/hate relationship with "the board" and "Sally" (gotta join to find out what those are 😊) and the results are there! I'm down from 215 pounds to 197 pounds and from a 44 pant size to a 36. More energy than when I was 20 and a whole lot less angry! This is the place to be, if you put in the work the results are there. It's the 1st no fail program I've found!! Thanks to Cyrus, Michelle and all the staff at Spartan Krav Maga. I look forward to a long lasting membership!!!

← Reply Like