



# **ARE YOU IN THE ZONE?**

- **EXPERIENCE THE "AFTERBURN EFFECT"**
- **BURN 500-1,000 CALORIES IN ONE SESSION**
- **TONE UP AND LOSE WEIGHT FAST COMBINING  
CARDIO & STRENGTH TRAINING**
- **LEARN HOW INTERVAL TRAINING MAXIMIZES  
YOUR ULTIMATE WORKOUT RESULTS**
- **ENJOY A FUN, ENERGETIC & MOTIVATING  
GROUP SETTING**
- **GET IN YOUR PERFECT ZONE USING  
HEART RATE TRACKING**

**FLEXIBLE SCHEDULE OPTIONS\***

\*Subject to change upon notice.