



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.



**ARE YOU
IN THE ZONE?___**



**3 MONTH
UNLIMITED**

PER MONTH

**6 MONTH
UNLIMITED**

PER MONTH