



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.

sport&health