



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



**ARE YOU
IN THE ZONE?___**



**3 MONTH
UNLIMITED**

PER MONTH

**6 MONTH
UNLIMITED**

PER MONTH