ARE YOU IN THE ZONE?

Introducing ZONE4!

Work the entire body, alternating intervals of strength and cardio training to maximize your calorie burn and increase your metabolism in our specially-designed Zone4 Studio.

- Experience the “Afterburn Effect”
- Burn 500-1,000 calories in one session
- Tone up and lose weight fast, combining cardio & strength training
- Get in your perfect zone using heart rate tracking
- Learn how interval training maximizes your ultimate workout results
- Enjoy a fun, energetic and motivating group setting

For more information about ZONE4 and how to sign up, please contact Firstname Lastname at 703) 123-4567 or name@club.com

JUNE SCHEDULE:

FRIDAY, JUNE 8
XX:XX AM – XX:XX PM

FRIDAY, JUNE 15
XX:XX AM – XX:XX PM

FRIDAY, JUNE 22
XX:XX AM – XX:XX PM

FRIDAY, JUNE 29
XX:XX AM – XX:XX PM

**Any disclaimer will go here.*