



30 Min Kickbox Fitness **9 Ways 9 Rounds**

- * A Fast, Effective Full-Body work out in 30 minutes
- * Work Out Every Muscle, Every Time
- * New Station every 3 minutes, Get In Get Fit
- * No Class times, Equals No Waiting
- * High-Energy, Motivated Trainers Included
- * Measurable Results with heart rate technology
- * Workout changes everyday
- * Burn up to 500 Calories in 30 mins.
- * Virtual Nutrition Coach Included



Membership Includes

* Trainer * Gloves * Hand Wraps *
Nutrition Guide * Nutritional Support

STATE EMPLOYEE DISCOUNTS!

- *FREE First workout
- *20% OFF Monthly Membership
- *50% OFF GLOVES AND WRAPS
- * NO Sign-up Fees

Location:
1914 P Street
Sacramento, Ca 95811

More Info:
(916) 758-8225

9ROUND™
30 MIN KICKBOX FITNESS