



QUICK SHOTS

LeeAnn Jolly designed this concierge style small group experience for maximum benefits in half the traditional time. The equipment will be waiting for you. Your only job is to complete 10 - 15 cumulative minutes of high intensity cardio and 15 - 20 cumulative minutes of targeted resistance training. Each unique class focuses on either upper body, lower body or core.

But that's not all... If you wear a MyZone heart rate monitor, instructors will review your efforts and provide feedback between classes. You'll also be able to connect through MyZone's social network and interact with fellow Quick Shot participants.

**Beginning Monday, February 5, classes will be offered
Monday - Friday at the following times:**

5:05 - 5:35 am

5:45 - 6:15 am

9:25 - 9:55 am (perfect for 10:00 tennis league players)

12:15 - 12:45 pm (perfect for lunch breaks)

Daily fee - Members \$7.50, Non-members \$25

REGISTER HERE