

health ^{plus}
fitness center

with

myzone™

Track and Monitor **Heart Rate, Calories, and Time Exercised** Converted into **Myzone Effort Points (MEPs)**

Instructors: Drew & Liz

FIT IN 30

Join this quick paced class to add cardio, strength, balance, and mobility into your exercise regimen.

This 30-minute class packs a punch.

Mon/Fri @ 8:00am & Wed/Fri @ 5:00pm

Instructor: Adrian

SWEAT EXTREME

This one-hour class uses 5-10 explosive training stations that targets the entire body.

Tues @ 5:00pm & Thurs @ 4:00pm

Instructor: Seth

JUMP START

This high intensity 30-minute class challenges your cardiovascular system while getting the most out of a dynamic workout.

Tues/Fri @ 7:00am

Instructor: Drew

ZONED IN

This high intensity one-hour class challenges your cardiovascular system while getting the most out of a weight workout.

Wed/Fri @ 5:45pm

Try your first MyZone class for *Free!

Purchase your own My Zone Band at the Front Desk @ Health Plus

MZ-3 Rechargeable \$100

***Please contact the instructor ahead of time to check class availability.**

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Seth — seth.gandy@eamc.org

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