



ZONE 30



30 MINUTES HIGH INTENSITY HEART-RATE INTERVAL SMALL GROUP TRAINING TO BUILD SPEED, STRENGTH & ENDURANCE, MOTIVATING, FUN & CHALLENGING!

Taught by Franco's Personal Trainers

Only \$39/month
unlimited classes

\$15/per class, walk-in if room permits

Register by calling **985-792-0205**

then enroll into your classes on the Franco's App in advance. Wear a compatible (ANT+) heart rate monitor or purchase one from Franco's for \$49.

6:00am - 6:30am
Monday through Friday

8:15am - 8:45am
Monday through Thursday

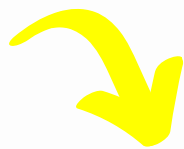
9:00am - 9:30am
Monday through Friday

6:30pm - 7:00pm
Monday through Thursday



2 MONTHS @
\$35/MO

3 MONTHS @
\$29/MO



DISCOUNTS FOR
MEMBERS IN THE
STRONG
FITNESS CHALLENGE!
MAR 4 - MAY 24