

What is The Zone?

The Zone is a 45-60-minute athletic-inspired workout designed to help you efficiently achieve maximum results. Led by an expert coach, this revolutionary results-based program uses heart training technology and team-based camaraderie to take your workout to the next level.

How many classes will be offered?

About 14 classes per week. Our schedule is being designed to best meet your busy schedules.

What are the workouts like?

An expert coach will lead you through an interactive, fun and effective workout using highly-varied moves, partner work and functional training equipment like ropes, kettlebells, TRX Suspension Training and more to help you reach your individual Target Zone.

We train like athletes, as a team, because we're stronger together than we are alone. Our training philosophy uses human motivation and heart-rate training technology to achieve maximum results. By monitoring your heart rate throughout the workout, you'll have real-time measurement to train in the exact zone required to torch calories without over-exerting your body. This means, quicker recovery, more efficient workouts and maximum results. And the physical results are just the beginning. Our training program was created to help you realize what you're capable of. We believe in strong hearts to center a healthier mind, body and soul. When you achieve more than what you ever thought possible, good things happen all around.

What is the class size?

4-20 participants.

What technology is used to measure heart-rate?

We have implemented the MYZONE® monitoring platform throughout our studio. During your workout, you'll wear a chest strap underneath your clothing that transmits heart rate, calories and effort in real time to a live display and wirelessly uploads that data to a workout report that can be accessed online to track your results over time.

What is the cost?

The ZONE: Small Group Heart Rate Training Program

- Membership upgrade of \$25: unlimited monthly classes
- Member drop-in: \$15 per class
- Non-member drop-in: \$20 per class

**Heart-rate training is essential to your success; MyZone heart-rate monitors are required to train in The Zone and yours to keep for \$75 (valued at \$150) upon joining.*

Calhoun Beach Athletic Club Members must upgrade to The Zone Membership. Preferred presale rates exclusive to members will be offered through October 2017.

Is The ZONE participation optional?

Yes. The ZONE is an optional membership upgrade that provides unlimited The ZONE heart rate training class access. This optional membership upgraded is a month-to-month addition and can be added or canceled at any time.

How to register for class?

Look over our monthly schedule of classes and find the right classes for you and your schedule. Once you've decided on which classes you like to attend, RSVP via email at contact@calhounbeachfitness.com stating your name and which classes you'd like to attend. Space will be limited for some classes, so make sure to reserve your space early.

Reservations for classes must be made 1-hour prior to the class start time.

Where can I find the monthly schedule?

The monthly schedule will be emailed to all current The ZONE members and can also be found on our website under the tab: The ZONE.