

LIVING WELL IN LOWRY

BY NEIGHBORS FOR NEIGHBORS

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Zone Fitness Clubs: Your all-encompassing gym alternative!

It's January and we all know what that means! It means we're furiously writing down our New Year's Resolutions and they almost always include something we'd like to change about ourselves physically. For some of us, we go about getting to our goals by doing the same ol' routine and then we find ourselves around January 17th already over it.

This month though, all that changes. Right around the corner from Lowry there's a brand-new Zone Fitness Club opening and they're offering Lowry residents the ultimate training experience. Ultimate? All-encompassing? One-stop-shop? What's it all mean? Keep reading...you won't want to miss this.

Tim Forrest, President and Founder of Zone Fitness Clubs, explains "Zone Fitness Clubs truly is a health club designed with today's fitness enthusiast in mind. Whether you like to work out in a fully-equipped health club offering over 80 pieces of cardio, strength and free weights, or you enjoy group classes or you like to relax in the sauna or steam room, Zone Fitness Club offers all of it at an affordable membership rate. Our founding member rates start at only \$19.99/month."

Why Zone Fitness? You may have guessed the word Zone was carefully chosen based on its fitness reference. Are you ready to get motivated? Here you can experience the ultimate in training experiences. Each ZONE allows fitness-goers to have a great experience according to their interests.

What kind of ZONES are we talking about, exactly? Take your pick of one or all of the following ten.

The BURN ZONE! This 60-minute workout is designed to get your body into the proper intensity to boost your metabolism, build

strength, shed unwanted pounds and get the body you desire.

The MIND/BODY ZONE! You can escape the noise of the city and enjoy yoga and barre sessions in a studio designed to help you release stress, build core strength and become one with yourself.

The GROUP-X ZONE! Turn up the energy and fun with amazing workouts including Les Mills programming like Body Pump.

The CYCLE ZONE! Do you want to go on the ride of your life? Ride away from your stresses and escape while you burn calories and track your workout for watts and intensity.

The HIIT ZONE! If you like to move and have fun with your workouts, you can challenge yourself with our high-intensity-interval classes with multi-functional equipment.

The PUNCH ZONE! Time to get some aggression out, relieve stress and get your boxing workout in. This ZONE is equipped with heavy bags, aqua bags, rowers, Airdynes and more.

The SPORT ZONE! Play like an athlete and move your body on the turf while you push weighted sleds, flip tires, move battle ropes and more.

The RECOVERY ZONE! Need to escape? Relax? Recover? The recovery room allows you to get a massage every day to reset your muscles and your body.

The CORE ZONE! Tighten up your stomach area, work your core and strengthen your lower back.

The KIDS CLUB ZONE! Kids should have fun too. Games, activities and kid-friendly movies

under the supervision of certified caregivers are all happening while you work out.

Zone Fitness Clubs was truly created with you in mind with the focus on creating a motivating, seamless fitness experience. We offer members a state-of-the-art Club including MYZONE Heart Rate monitoring to ensure members can get in to the proper "Zone" for their bodies. With our team of certified Personal Trainers with top-level certifications, we can offer one-on-one coaching, small group training and team training sessions. Every new member has a complimentary coaching session with a Personal Trainer as well as a free online Nutritional Coach to support your healthy eating habits to achieve your fitness goals.

What makes Zone Fitness Clubs different than other health Clubs? Tim Forrest, President and Founder of Zone Fitness Clubs says, "Our Clubs offer members the level of service our members desire because our sole focus and our mission statement is: We put Members First! Our clubs are sparkly clean, well equipped and we offer the programs and services fitness enthusiasts today desire.

"What's great about Zone Fitness is you no longer have to be a member of multiple studios and a gym. We have it all at one location at a very affordable rate," Forrest says.

Zone Fitness is planning multiple locations in the Colorado market. Lowry's Club is opening this month at 7150 East Leetsdale Drive, at the corner of Quebec and Leetsdale. For more information and to secure your founders rate, call 720-234-8079.