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Red Zone



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REDZone is a heart rate guided interval training workout designed to push you into scientifically proven heart-rate zones, allowing you to boost your metabolism, [Testimonials](#) increases energy, burn fat and torch calories during and after workout.

Each REDZone workout incorporate a combination of treadmills, WaterRowers, VersaClimbers, TRX Suspension Training, heavy bags, [Newsletter](#) weights and strength functional training methods and more.

AUGUST WORKOUT SCHEDULE

MONDAY AND WEDNESDAY

7AM 9:45AM 12PM 5:15PM 6:30PM

TUESDAY AND THURSDAY

6AM 8:30AM 5:15PM 6:30PM

FRIDAY

7AM 9:45AM* 12PM

SATURDAY
9:30AM 10:30AM

If it doesn't challenge you, it doesn't change you!

(954) 617-6468 928 North Federal Hwy Fort Lauderdale, FL 33304

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