



body shaping

weight management

body building

firming and toning

nutrition

look good. feel good

# get into shape



sport specific training

cross training

general wellness

strength and conditioning

post rehab on special population

kickboxing

functional strength training

core training

yoga and pilates basics

senior wellness

*Call or visit us now to get physically fit!*

200 Sylvan Avenue  
Englewood Cliffs

**201-824-5049**

[www.TheTrainingZone.com/specialdiscount](http://www.TheTrainingZone.com/specialdiscount)

Monday-Friday 6am-9pm

Saturday & Sunday 8am-3pm



save **\$100** any personal training package  
first timers only

**The Training Zone**

200 Sylvan Ave. • Englewood Cliffs • 201-824-5049

With this coupon. Not valid with other offers. Offer expires 01-31-11.

**free** one-on-one workout  
first timers only

**The Training Zone**

200 Sylvan Ave. • Englewood Cliffs • 201-824-5049

With this coupon. Not valid with other offers. Offer expires 01-31-11.