



## Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	9:30am	5:00am	9:30am	5:00am	9:00am
6:00am		6:00am		6:00am	
8:30am		8:30am		8:30am	
9:30am		9:30am		9:30am	
6:30pm		6:30pm			

V10/2018



**HIGH PERFORMANCE FITNESS TRAINING**



**BUILDING FITNESS FOR LIFE**

3800 Baldwin Rd Orion, MI 48359

# The Technology

Chaos uses the **MYZONE chest strap** and monitoring system that displays heart rate, calories, time, and effort (% of intensity) to a **TV or monitor** and real-time streaming to the **MYZONE App**.



Your MYZONE system also sends all workout activity data to your own on-line logbook that you can view anywhere on any device.

- Exercise at GLAC or away. Effort is always being tracked.
- Log in on-line anywhere to track your activity and progress.
- Earn MYZONE Effort Points (meps) for every minute of activity.
- Participate in local or international challenges.
- Stores up to 16 hours of training activity.
- Download at the club or via the MYZONE App.

# The Training

**FITNESS FOCUSED.** Improving your level of overall fitness will improve your overall quality of life.

- Chaos is a fitness training program that increases strength and for most, decreases body fat. However, keep in mind that overall lifestyle habits create and sustain the platform that allows the Chaos program be more effective and goals more attainable.
- The goal is to make you stronger and leaner, not bigger and heavier.
- Each workout is 60 minutes. Certain aspects of HIIT training are beneficial and have been incorporated into the Chaos program.

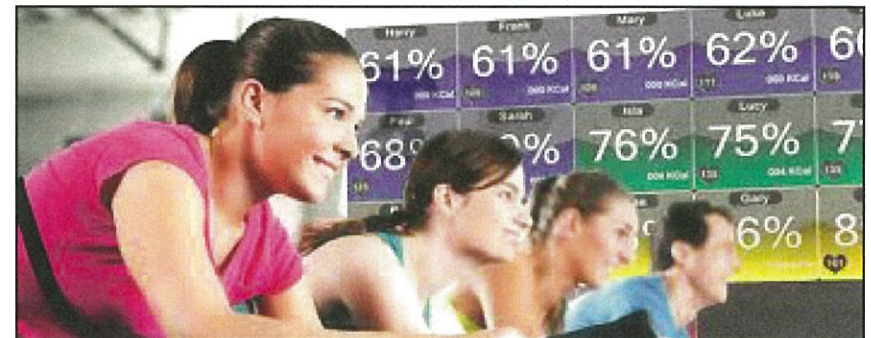
# The Results

By gaining access to the instant exercise feedback you need, you're able to put in the effort required to get the results you want. Whether you're in the gym, traveling, or at home working to stay fit, it's important that you invest in a wearable capable of rewarding every ounce of your effort.

- Improved cardiovascular fitness
- Increase in lean muscle tissue
- Decrease in body fat percentage
- Improved athletic ability
- Measured by MYZONE

Weekly Class	Member	Non-Member
1 Days/week	\$50/mo	\$59/mo
2 Days/week	\$75/mo	\$99/mo
Unlimited	\$100/mo	\$199/mo
Additional sessions*	\$15/session	\$20/session
MZ-3 Belt	\$69+tax	\$79+tax

*\*Additional classes may be added when enrolled in any 1 or 2 day/wk schedule.*



**Questions? Call or email Regan at [regan@glac.club](mailto:regan@glac.club)  
248-393-3085**