



9Round Difference

- 1 GET FIT FASTER THAN EVER**
Burn up to 500 calories each time
- 2 FUN, ENGAGING, & INTENSE**
Workout changes daily so never get bored
- 3 FULL BODY WORKOUT**
Workouts for every muscle group
- 4 30 MIN HIIT CIRCUIT**
Save your time while maximizing effort
- 5 NO SET CLASS TIMES**
Workouts start every 3 min
- 6 TRAINER INCLUDED**
Personal attention at no extra charge

\$100 Gift Certificate
100601

Best 30 min **HIIT** Workout in your town!

With this, you get two Weeks of Unlimited Visits + a FREE pair of Boxing gloves & \$50 9Round Cash if you join for 6 or more months!

Today is My tomorrow. It is up to Me to Shape it. To take control and seize every opportunity. The power is in the choices I make each day. I eat Well, I Live Well.

I SHAPE ME!

9Round.com
Eagan and Woodbury
651.321.3489



9ROUND
30 MIN KICKBOX FITNESS



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