



ZONE
HEALTH & FITNESS



AMP

**14
DAY
PASS**

MOTIVATE MARION

AUGUST 17-30 | SPECIAL EVENTS AND CLASSES

VISIT ZONE HEALTH AND FITNESS TO RECEIVE YOUR 14 DAY PASS

- **AUGUST 18 @ 12 PM: NUTRIZONE | MEAL PLANNING**
- **AUGUST 19 @ 1 PM: FAMILY FIT DAY**
- **AUGUST 22 @ 4 PM-7 PM: EXPRESS ZONE CHALLENGE**
- **AUGUST 23 @ 11 AM: AMP NUTRITION LECTURE AT ZONE EAST**
- **AUGUST 25 @ 8:30 AM-10:30 AM: GROUP EX LESMILLS SPOTLIGHT**
- **AUGUST 25 @ 8 PM: GLO WITH THE FLO 5K RUN @ DOWNTOWN OCALA**
- **AUGUST 27 @ 4 PM-7 PM: TRAINER'S CHALLENGE**
- **AUGUST 30 @ 7:30 PM: AMP NUTRITION LECTURE AT ZONE WEST**
- **AUGUST 31 @ 10 AM & 4 PM: BLAST ZONE MOVIE DAY**
- **AUGUST 31 @ 5 PM - 7 PM: MEMBER APPRECIATION DAY BBQ**

JOIN FOR \$1 ON AUGUST 17
THE PRICE GOES UP \$1 EACH DAY THEREAFTER!

TWO CONVENIENT LOCATIONS IN OCALA | ZONEHEALTHANDFITNESS.COM | FIND US ON FACEBOOK
524 SOUTH PINE AVENUE OCALA, FL 34471 : (352) 509-3133 | 4414 SW COLLEGE ROAD SUITE 1012 OCALA, FL 34474 : (352) 414-4433