

# 9ROUND™

30 MIN KICKBOX FITNESS

WWW.9ROUND.COM

**CONTACT:**

Owners: Adele & Paige  
(916) 758-8225

1914 P Street | Sacramento CA 95811



**Thank you to all the Teachers and the wonderful things they do!**

## WHAT IS 9ROUND?

9Round provides a triple threat approach to fitness with killer workouts, heart rate technology, and nutritional guidance to ensure members get the most of their workouts and achieve lasting results. The workout consists of nine, three-minute stations that include cardio, weight training, core exercises, plus kicks and punches. Members have a 30-second active break between rounds to recover.



## WHAT'S DIFFERENT AT 9ROUND?

**NO SET CLASS TIMES**

The circuit format means members are never late!

**WORKOUT CHANGES DAILY**

Members are never bored!

**ONLINE NUTRITIONAL SUPPORT**

Optimize results with expert tips and recipe ideas!

**TRAINER INCLUDED**

Members will be guided and motivated!

## WHY 9ROUND FOR WELLNESS?

More than just a gym, 9Round combines a total body, kickboxing circuit workout with heart rate technology and expert nutritional support to help members reach their fitness goals. Each 30-minute session is led by a trainer and can be tailored to an individual's fitness level. With workouts changing each day, burnout from boredom is a thing of the past!

9Round's wearable PULSE™ heart rate technology lets members know in realtime when they're in their optimal fat-burning zone and emails them after each session with the number of calories burned. In addition, members have access to an online portal where they'll find fitness tips and nutritional advice from 9Round's leading experts.

A well-rounded fitness and nutrition program that caters to the busy lifestyle of today's business professionals makes 9Round the ideal choice for employee wellness. We encourage you to stop in and see us today and try our 30-minute kickboxing workout for FREE.

### 9Round Teacher Memberships

Reap the health benefits of 9Round's complete fitness and nutrition program at a discounted teacher rate. Your Teacher Membership includes all of this, and more:

- 30-minute total body workout
- No set class times
- Different routine every day
- Trainer with every session
- Expert nutritional support
- Heart rate tracking technology
- Maximum calorie burn
- Increased energy, improved sleep
- Stress relief, and more!

ASK ABOUT  
TEAM BUILDING  
SESSIONS!