


YOUR TRAINING ZONE

*Announcing Your Training Zone TRI Fox and Gear'N Up members
lactate blood profile testing day.*

GNUP Special offers as well.

Closeout price on demo treadmill from Future Fitness Plus!

Cycling and Running lactate blood profile evaluations.

Cost \$115 1 sport, 2 sports \$220, normal is \$150 each.

*Group setting evaluation and will be able to test on 3-5
Computrainers.*

Run evaluations will be done on 2 treadmills.

Individual zone analysis and consultation given after.

Laboratory Grade lactate equipment gives high tech results!

Date: Saturday January 26, 2008

Time 0700-1200 in 45 minute time slots

***Email 1st, 2nd and 3rd time slot preference, 0700,
0745, 0830, 0915, 100, 1045, 1130 or email other
time request.***

First come, first served.

***Email: Trinrun@yahoo.com, specific time will be
given with guidelines for testing.***

*Training Plans also available from
YourTrainingZone.com with over 45 years of
combined experience!.*

Gear'N UP Special Offers:

February Bike Fit Special:

*Regular Price \$100.00 Now Only \$65.00 with
computer printout to take with you.*

Saturday January 26th Specials:

*25% off all accessories in the shop.
10% off any bike purchased at retail price!!*