

SHAPE IT UP!



509-829-5437

30 Minute Fitness For Women

Aerobic And Strength
Building Exercise
All In One.

30 Seconds Per Station
+ Good Music = Calories Burned
Excellent For All Ages !

GET IN SHAPE AT SHAPE IT UP

*Our exercise equipment
is different from lifting
weights. It makes you
stronger, burns fat and
improves aerobic fitness*



YOUR DOCTOR WILL APPROVE!



Making Fitness Fun

EXTENDED OPENING HOURS

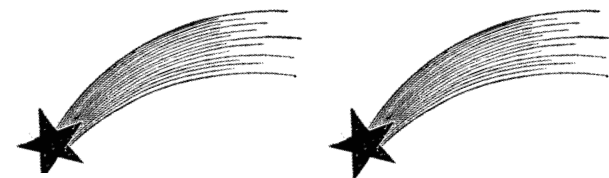
8:00 AM - 7:00 PM MON — FRI
9:00 AM TO 12 NOON SAT

30 Minutes To Get In Shape At SHAPE IT UP



512 2nd. Avenue
Zillah, WA 98953

Making Fitness Fun



Making Fitness Fun

YOUR DOCTOR WILL APPROVE!

Lower Blood Pressure
Help Prevent Diabetes
Increase Energy
Diminish Arthritic Symptoms
Reduce Risk of Heart Attack
Improve Self Confidence
Slow Aging Factors
Burn Fat Faster
Relieve Joint Stress
Increase Strength
Increase Endurance
Look Toned & Trim
Reduce Signs Of:
Depression, Anxiety
Insomnia And Fatigue

Come Check Us Out

FREE

Exercise

509-829-5437



SHAPE IT UP!



**512 2nd. Avenue
Zillah, WA 98953
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Shape It Up provides *cardiovascular* and *resistance* exercise which builds strength and endurance. Participants work for thirty seconds at each exercise station. The stations are designed to work the upper and lower body. Up-beat music enhances the environment.

The regimen alternates between equipment, jogging and stepping, with 30 seconds spent at each station. This supervised workout requires a total of 30 minutes.

Every 7.5 minutes, a short rest period is taken while members check their pulse.

This program was designed to eliminate exercise boredom, burn calories, loose inches, tone muscles and have fun.

NOTE

Consult with a physician before beginning any fitness program



Shape it Up uses hydraulic exercise equipment, which is the result of over 25 years of research by noted exercise physiologists, therapists and fitness experts from around the world. Fitness centers hospitals, wellness centers, women's clubs, schools, rehab centers are but a few using our programs and equipment.

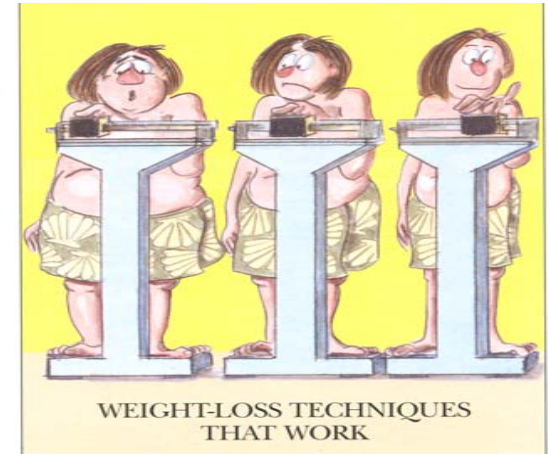
Research shows that a 30 minute workout burns 350-900 calories depending on the exerciser and workout intensity.

The major benefit will be inches lost and the exercise will strengthen muscles while burning calories. Each machine works two major muscle groups utilizing and building muscle mass. A pound of muscle will burn about 50 calories per day more than a pound of fat.

**YOUR
DOCTOR
WILL
APPROVE**



Our fitness program is a fun, non-threatening group activity that combines both a strength and cardiovascular workout in a time efficient half hour. Our equipment utilizes hydraulic resistance that matches the users efforts. An instructor works with individuals or several clients at the same time. Dressing rooms are available and you can choose your workout music.



30 Minutes To Get In Shape
At SHAPE IT UP

