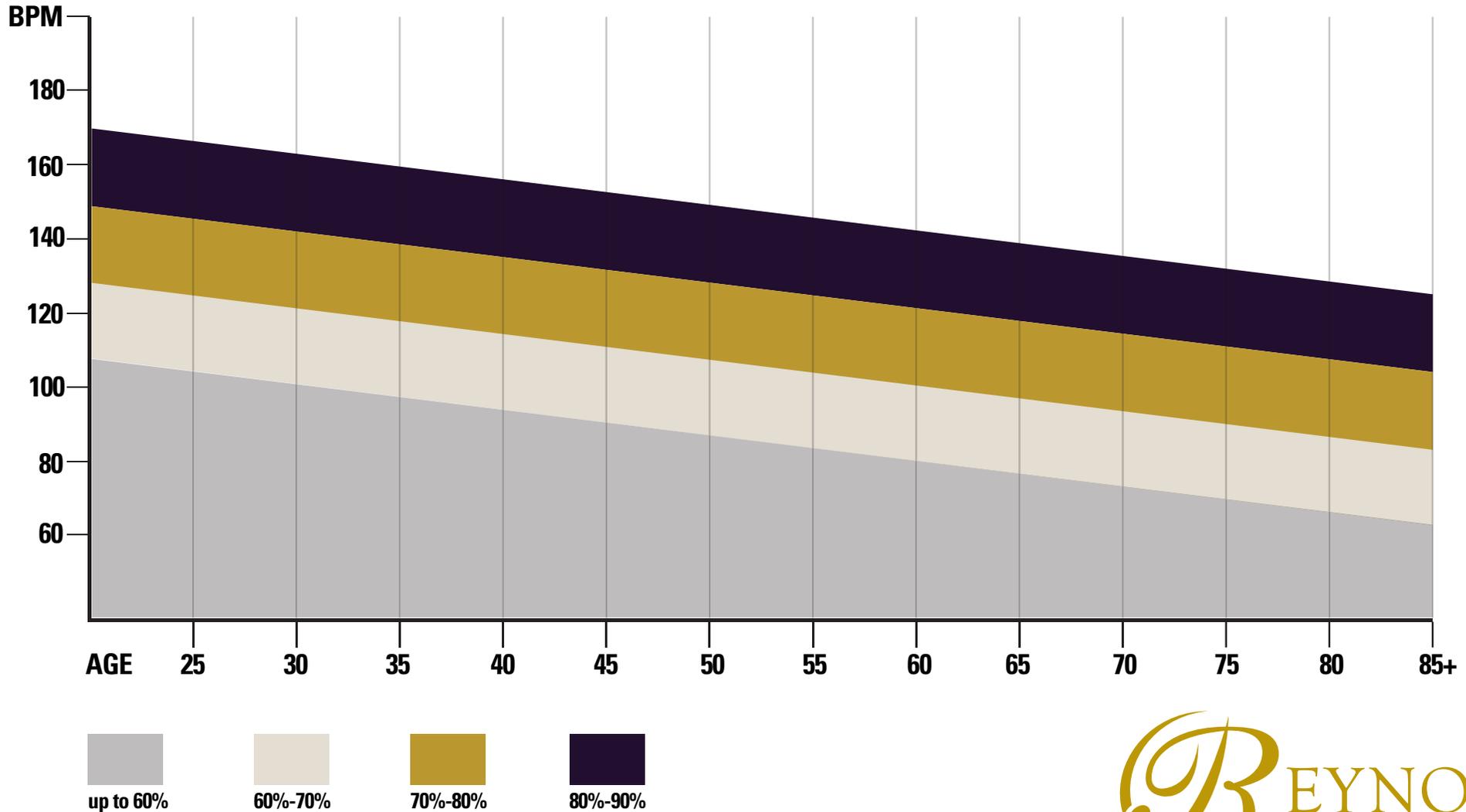


Exercise of the Month

Heart rate chart*



*Estimates. Please speak to one of our Fitness Professionals before taking up a new exercise regime.

