

# workouts **ON** DEMAND

**Are you bored with the same workout routine?**

**Want to break through your fitness plateau?**

If you answered yes, stop by the front desk and ask us how to access the area's only 300+ instructor lead workout video database on your personal 15' TV screen. Choose from Step, Pilates, MMA/UFC, Boxing, Yoga, Functional, Piloga, Cardio Kickboxing, Abs, Indoor/outdoor Cycling/Spinning and many "As Seen on TV" workout programs. Workouts range from 10-90 min in length. Workouts-On-Demand is located in GroupX Studio 2. Come on by and give it a try.

