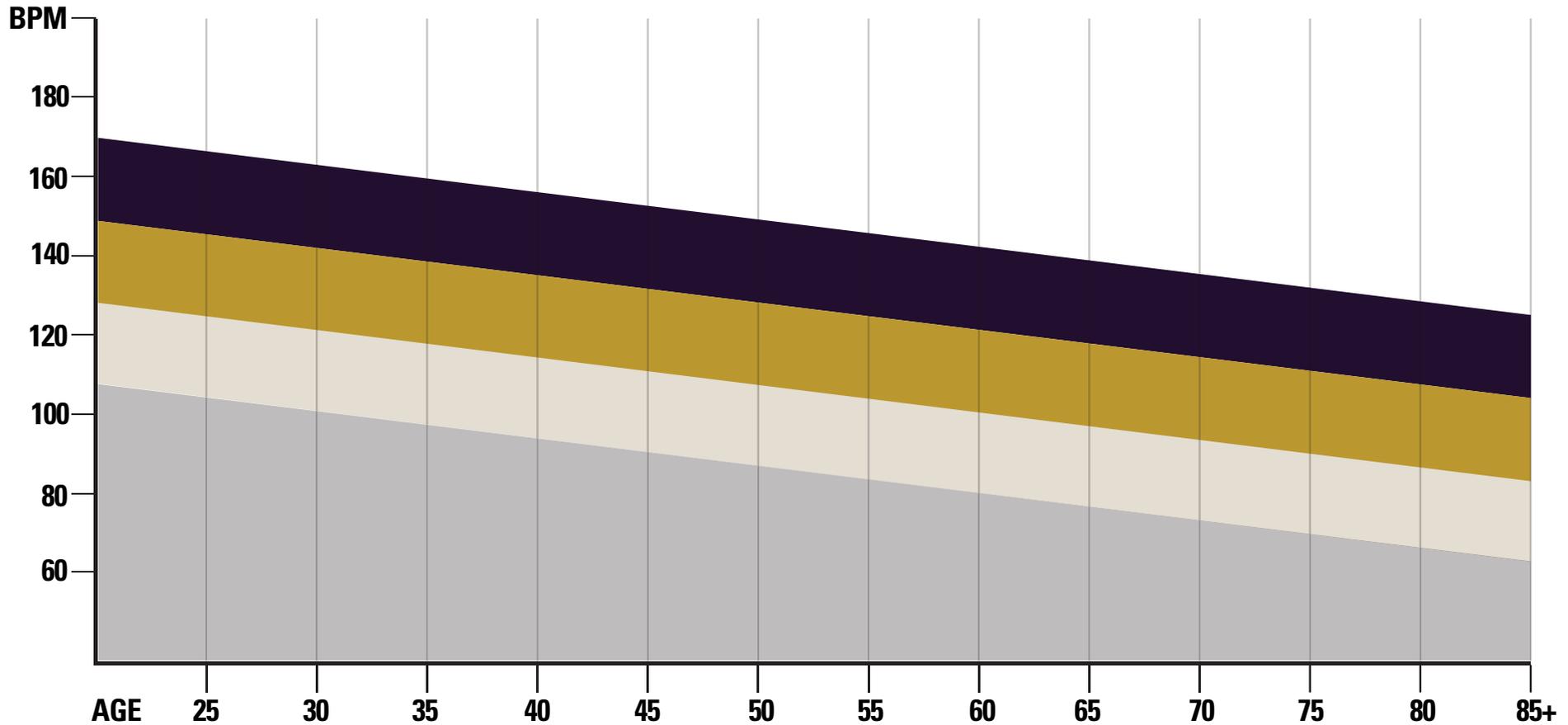


Heart Rate Chart*

Exercise of the Month



*Estimates. If you have an existing health condition or you are taking up a new exercise regime please speak to one of our Fitness Professionals.

