

fish



September 2015

Plan of Action

WHPLANOFACION.COM



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Better in Blue

Orangetheory Fitness – Give Us 1 Hour, Burn Calories for 36 More

At Orangetheory Fitness, our certified trainers coach people of any fitness level to get a total body workout in 60 minutes. Our heart rate monitored training is designed to have you burning calories for up to 36 hours after the workout! Improve your strength, endurance and power with our ever-changing intervals of treadmills, rowing machines, TRX and free weights.

OrangeTheoryFitness.com/Chelsea



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