

NTENSE WORKOUT

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NTENSE WORKOUT



NTENSE'IFY YOUR WORKOUT.

NTENSE Workout is a departure from the norm. A sanctuary from the from the status-quo. We've taken the health club rules and thrown them out.

Everthing about NTENSE is new. We've blended over 25 years of fitness industry knowledge with a desire to create something totally new.

The NTENSE philosophy begins with our staff, who are trained in areas such as exercise physiology, facility operations and nutrition. We employ a stringent interview process, followed by an extensiveand ongoing training program. Our staff is here to support and motivate our guests and to help you get the most from each visit.

We've studied the mechanics of fitness and selected a suite of equipment and services that are designed to target core muscle groups and create a balance between cardiovascular conditioning and strength training. Working out should be fun as well as rewarding.

Learn more at: NTENSEWORKOUT.COM

Proud to be Green



NTENSE is one of the greenest clubs on the planet. This philosophy is not just good for the earth, but also good for our members. From our bamboo flooring made from reclaimable wood, to LED lighting, to our strict use of only all natural cleaning products, our choices provide a clean, hand energy efficient place to stay healthy.

EQUIPMENT & SERVICES

Proper equipment is an important part of a successful weight loss or physical conditioning program. Our decision to select only the most highly rated and biomechanically-correct equipment in the industry ensures our guests a great result.

We also know that keeping your workout fresh and fun is key, which is why we offer personal viewing screens with iPod connectors on all our cardio equipment.

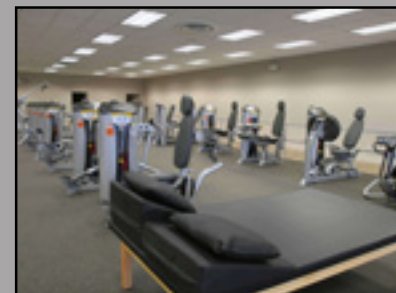


FITNESS ON REQUEST

Your next class starts now with our unique Fitness On Request video system. With just a few simple touches at our kiosk, our guests can access a wide variety of group fitness class from group cycling to kickboxing, any time of a day.



The fully automated system deploys a massive 135" projection screen bringing our virtual fitness instructor to life with High Definition video and studio grade audio.



FACILITY SERVICES

As a guests of NTENSE Workout, we promise you a facility that is always meticulously cleaned and enjoyable. We have more than 10,000 square feet of member space so there is plenty of room to stretch out.

Members have no-charge use of our innovative digi-lock lockers, which keep your private stuff secure. We also have elegantly appointed and well designed shower and changing areas.

