

# WELCOME TO MYZONE®

We are thrilled to bring you the most relevant and versatile fitness tracker on the market.

- Ever wonder why your workout doesn't seem to be working?
- Ever question how accurate your wrist tracker really is?

Heart rate training is accurate and effective. Once you have your monitor and have downloaded your free app, you can really track your workouts and your improved fitness level. MyZone also synchs with cardio equipment and will be visible via multiple monitors on the fitness floor.



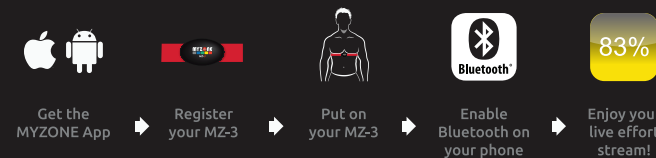
## MYZONE® BENEFITS

- ✓ See your calories, heart rate, and effort in real-time with easy-to-follow colors
- ✓ Automatic email feedback on all of your exercise motivates you to stay on track
- ✓ View your training efforts via a personalized free app and online account
- ✓ Measuring effort levels the playing field and enables competition against yourself or friends
- ✓ Monitor your food in-take through the free app
- ✓ Stay accountable to your health targets with our simple goal setting
- ✓ Connect with friends and motivate progress through a personalized social feed
- ✓ Participate in challenges with friends and other users all over the world
- ✓ Earn rewards through status rankings linked to attaining world health guidelines
- ✓ Benefit from accurate calorie burn feedback during all of your exercise routines
- ✓ Gain exclusive access to zone match classes
- ✓ Make exercise fun



## MAXIMIZE YOUR WORKOUTS.

Track your heart rate with 99.4% accuracy  
Store up to 16 hours of exercise data  
Sync with your phone using bluetooth 4.0  
View your live effort stream on group displays in the gym  
Connect to cardio equipment with Analogue 5.4 Khz and Ant+



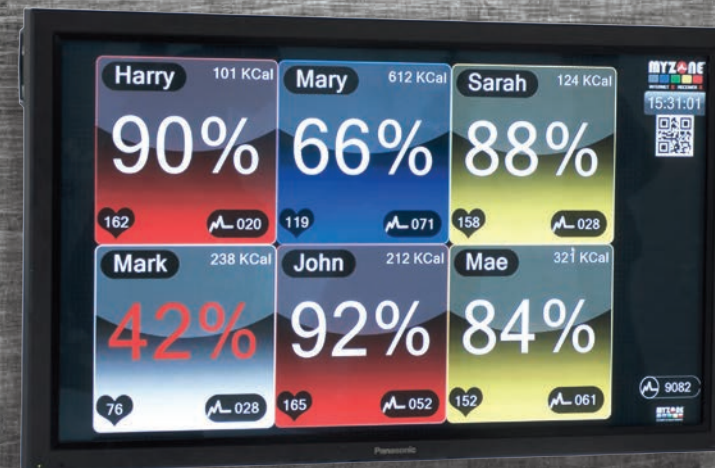
Get back in your skinny jeans.  
Beat your PR.  
Improve your stamina.  
Look and feel amazing.

### Get started today!

SFC: Patrick McKee, 314.442.3293,  
pmckee@jccstl.org

Fox: Andy Hayes, 314.442.3147,  
ahayes@jccstl.org

More information, [jccstl.com/myzone](http://jccstl.com/myzone)



**EFFORT REWARDED.**



The latest in online and  
studio fitness tracking tools!



Creve Coeur &  
Chesterfield



New!





**MYZONE®'s MZ-3** is the most relevant and versatile fitness tracker on the market. Using Bluetooth, ANT+ and Analog technology to provide real time feedback on heart rate, calories, and effort, the **MZ-3** ensures that you get accurate feedback on all of your exercises, wherever and however you choose to train.

The **MZ-3's** built-in memory means you can make every session count, even when you're training away from your gym and smartphone.

Achieve your health and fitness goals with motivational support from friends through our **MYZONE®** social network, and utilize our unique **MYZONE®** Effort Points (**MEPs**) system to earn the credit you deserve and Reward your EFFORT.

**myzone.org** — **FEATURES** — Bluetooth Ant+ 5.3 KHz 16 Hr Memory

#### WORKS WITH



#### MYZONE MEPS

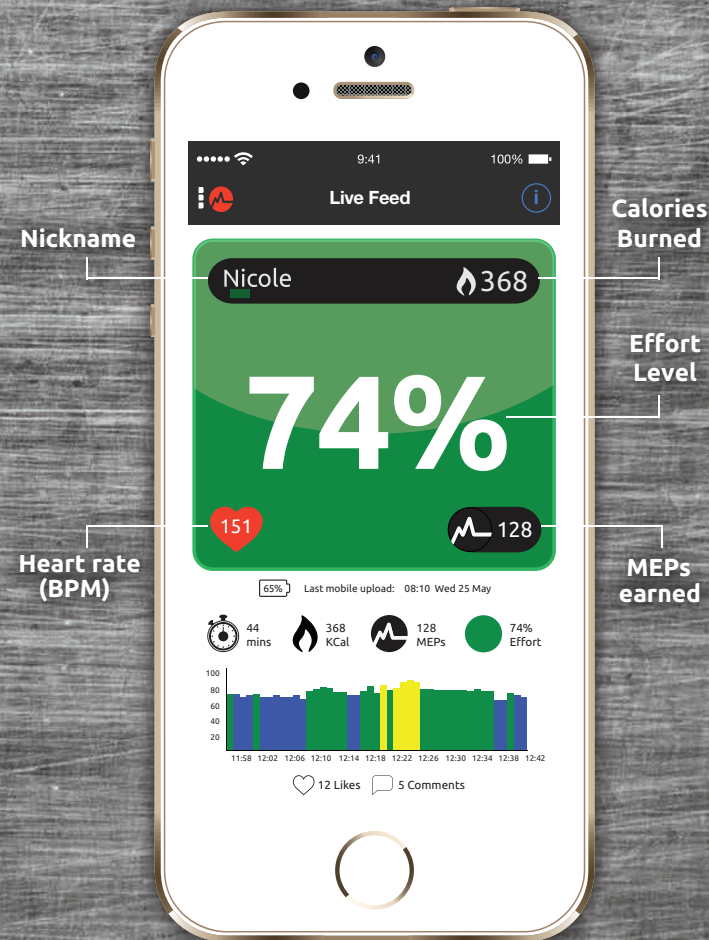
MEPs is an acronym for MYZONE® Effort Points, and it's the metric by which everything is measured in the MYZONE® system. MEPs are earned by exercising in your desired heart rate zone over a period of time. The more effort you put into your workouts, the more MEPs you earn! Knowing your tile is the first step to seeing your effort rewarded. When looking at your live tile, you can find your current MEP count in the bottom right corner.

#### STATUS RANKING

Your MYZONE® status is determined by how consistent you are with your exercise on a monthly basis.

If you earn 1300 MEPS in a month, you meet the minimum requirement for physical activity specified by the World Health Organization and you make progress towards the next MYZONE® status level.

#### UNDERSTANDING YOUR TILE



Get **MYZONE®**,  
The ultimate fitness  
wearable to help you stay  
motivated and achieve you goals.

#### GET STARTED TODAY!

<b>MyZone &amp; Personal Training</b>	
MyZone Belt	
+ IntroPack (Three Personal Training Sessions)	\$259*
MyZone Belt	
+ One Personal Training Session	\$149
<b>MyZone &amp; Signature Small Group Training</b>	
MyZone Belt	
+ 8 Signature Training Sessions	\$199

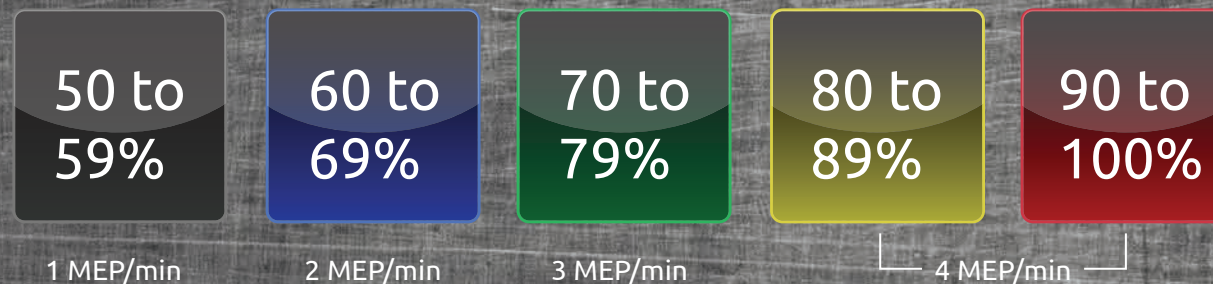
#### Call for more available packages.

Creve Coeur: 314.442.3293  
Chesterfield: 314.442.3147

\*Intro packages are for new J members or those new to MyZone®. Existing members please contact the fitness center for eligibility.



**EFFORT REWARDED.**



**MYZONE® EFFORT POINTS (MEPs)** are awarded for every minute spent exercising in your personal intensity zones. The more effort, the more MEPs.