



serious fitness.   
serious fun.

CATZ Adult Fitness Program works for adults at all fitness levels. The program is unique in that it focuses less on traditional fitness equipment and more on fast-paced sports simulations with an experienced coach.

- **Unique athletic workouts** – Customized programs – from beginner to advanced – for your age, fitness level and goals. We can help you get lean and healthy.
- **Individual attention** – Our low client-to-coach ratio allows us to work closely with you, so you get the greatest benefit.
- **Experienced certified coaches** – Our coaches are certified strength and conditioning specialists who have undergone rigorous training in the CATZ methodology and who have trained elite athletes in many sports.
- **Varied workouts** – Always fun. Always motivational. Always safe. And always different.

➤ **Results-driven training** – Whether you’re a beginner or a hardcore fitness buff, we’ll train you to look and feel your very best. We’ll do it via personal, small-group sessions with an experienced certified strength and conditioning coach.

➤ **Guaranteed results** – We guarantee your 100% satisfaction with the results of our training program. If you are not completely satisfied, we refund your money – no questions asked!

Our fitness programs can enhance your:

- **Body composition** ➤ **Muscle tone**
- **Fitness** ➤ **Strength** ➤ **Flexibility**
- **Balance** ➤ **Speed** ➤ **Agility**

We tailor adult fitness to get you the results you want in a motivating, fun and efficient workout. No long-term commitment is required and we offer flexible scheduling for your convenience.

It’s no secret. The key to a better life is to be more physically fit, stronger and more flexible. And we can help. Just call CATZ Sports Performance Center today. Then prepare to feel and look great!

**“CATZ makes me feel like a high-school athlete again. I haven’t had this much energy in 20 years!”**

**– HE, 42, Needham, MA**

**“I gained 40 pounds with my first child. I didn’t know what to do. But CATZ helped me take it off – for good.”**

**– PJ, 28, Anaheim, CA**

