

# START SOMETHING NEW @ EF

ENERGY FITNESS

**2343 NEW HOLT RD**  
**270.554.7222**

## Equipment Variety

- Precor Open Stride AMTs
- Ab Coasters
- Spin Bikes, Ellipticals & More
- Jacob's Ladder, StairMaster Stepmills & Versa Climber
- NuStep, Upright & Recumbent Bikes
- Treadmills w/iPod Connections
- Full Strive 30-Minute Strength & Anaerobic Circuit
- Life Fitness Strength Circuit
- Ladders, Jump Boxes, Hurdles, Bands & More

## 4,000 sqft Free Weight Area

- 3D Max Machine
- Iso Hammer Strength
- Plate-Loaded Machines
- Power Racks, Squat Racks / Benches
- 4 Sets of Dumbbell Racks (up to 125 lbs)
- Smith Machines

## Battle Zone Equipment

- Rage Cages
- Heavy Bags & Speed Bags
- Slam Balls & Medicine Balls
- Ropes, TRX, Bosu & Kettlebells

## 24 Hour Workout Area

- Two Dumbbell Racks Up To 100lbs
- Kettlebells
- Cable Machine
- Flat & Incline Benches
- Cardio and Functional Equipment
- Virtual Class Kiosk
- Spin Studio

## Free Classes

- Cardio Dance Blast, Cross Training, Power Pump, RIPPED, Silver Sneakers, Spin, TKO, Yoga, Zumba & More.

## Programs

- Free Battle Zone Cross Training
- Monthly Specialized Programs
- Boxing Bootcamps
- School Field Trips
- Weight Loss Challenges
- Corporate Wellness Programs
- Parisi Speed School
- Elite Athletic Training
- Sports Specific Training Camps

## Personalized Services

- MegaFit Grab & Go Meals
- Women's Only Studio
- Eco Sauna & Steam Room
- Metabolic Testing
- Locker Rooms w/Showers
- Member Seminars
- Kids Energy Zone for ages 6wks-7
- Kids Eneractive Game Zone for ages 8-13
- Closed Circuit Childcare Monitoring

## STAFFED HOURS

MONDAY – FRIDAY 5AM-9PM

SATURDAY 7AM-7PM

SUNDAY 10AM-7PM

## KIDS ZONE HOURS:

MONDAY – FRIDAY 8:30AM – NOON & 4:30-8:00PM

SATURDAY 8:30AM – 12:30PM

- Certified Trainers, Coaches & Instructors
- Advantage Savings Programs for Members
- Around the Clock Cleaning
- Email Motivational Support
- Monthly Friends & Family Promotions

