



Fitness Success Begins Here

CONTACT US TODAY TO
SCHEDULE YOUR
COMPLIMENTARY
(2) TWO FREE PERSONAL
TRAINING SESSIONS



Why you should join the MZR Fitness Family?

- We don't sell memberships, we sell solutions
- Have fun and get fit in a non-intimidating atmosphere
- Improve core, strength, flexibility and stamina
- Lose lbs, body fat, and inches
- Learn new exercises
- Affordable Pricing
- Tone and increase muscle definition
- Format will be a combination of conditioning, calisthenics, and plyometrics
- Meet new people - be a part of a team

**San Luis Obispo's #1
Fitness Training Center**

NO EXCUSES, JUST RESULTS