

RESULTS

FITNESS RIDGEFIELD

FACILITY OVERVIEW



IT'S ALL ABOUT RESULTS



On behalf of all the coaches at Results Fitness, thanks for taking the time to review Ridgefield's highest-rated fitness destination.

Located off Main Street, our state-of-the-art training facility features a unique 5,000-sq.-ft. "dual training environment"—designed for both metabolic conditioning (lose weight) and strength training (get lean). Offering individual training and small-group conditioning, our elite team of certified coaches design custom programs tailored to each individual client's needs. We apply our "Results First" mantra across two core offerings:

- **PERSONAL TRAINING: 1-ON-1 CONDITIONING.** Customized and comprehensive one-on-one conditioning leverages a wide variety of techniques combining resistance training, core stability, total body exercise and dynamic stretching. Commit to one-on-one training with a member of our certified training team and put yourself on the fast-track to better physical fitness. At Results Fitness, every single client is trained differently, using a personalized blueprint based on an in-depth analysis of their current health, medical history, fitness objectives and physiology.
- **SMALL GROUP TRAINING: REDZONE CLASSES.** Ready to burn 1,000 calories in an hour? Called "Fairfield County's most talked-about workout," our RedZone training classes pack an enormous amount of metabolic conditioning into a rapid-fire one-hour workout. High-intensity interval training classes feature repeating bursts of exercise followed by short, active recovery. This type of exercise gets heartrates up quicker, burning more calories in less time. Each RedZone workout trains every muscle group, creating a full-body calorie inferno that melts fat, builds lean muscle and boosts metabolism... for up to 48 hours.

We invite you to schedule a tour of Results Fitness at your convenience. Come by for an overview of our offerings, a complimentary assessment with one of our coaches or a sample class or training session. Once you try Results Fitness, you'll be hooked—we promise.

To a Fitter You,

A handwritten signature in black ink, appearing to read "JP Salim Mikhael".

JP and Salim Mikhael
Owners
Results Fitness Ridgefield

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REDZONE

RedZone classes burn up to 1,000 calories... in an hour. “Fairfield County’s most talked-about workout,” our exclusive RedZone HIIT classes pack an enormous amount of metabolic conditioning into a rapid-fire one-hour workout.

OVERVIEW.

RedZone classes feature repeating bursts of exercise followed by short, active recovery. This type of HIIT (high-intensity interval training) exercise gets heart rates up quicker, burning more calories in less time. Each RedZone workout trains every muscle group, creating a full-body calorie inferno that melts fat, builds lean muscle and boosts metabolism for up to 48 hours—we call it... “the afterburn.” RedZone classes are managed by one of our elite certified coaches and capped at 16 men and women to ensure proper training and technique.

All RedZone participants wear a biometric monitor tracking each person’s heart rate, calories burned, effort and training time. The harder you work, the faster you advance through our “performance zones,” from blue and green to yellow and then to the calorie-crushing red zone. Personalized results appear on RedZone monitors in real-time during workouts and sync to our mobile app for short- and long-term progress tracking.

BENEFITS.

There is no better way to accelerate your physical fitness than with a RedZone regimen.

- **Lose Fat.** RedZone classes put your metabolism into overdrive, resulting in incredible calorie burn—as much as 1,000 per workout.
- **Build Lean Muscle.** RedZone classes are designed to work every muscle group—in an hour. No other workout provides this level of head-to-toe conditioning.
- **Get Strong.** Not only will you love what you see in the mirror after RedZone conditioning, but more importantly you’ll love the way you feel—better, stronger, healthier.

SCHEDULE.

RedZone HIIT classes must be booked in advance using the MindBody app. Walk-ins are not accepted. Realtime class schedule posted on resultsfitnessridgefield.com.

Weight Loss	● ● ● ● ●
Lean Muscle	● ● ● ● ○
Elasticity	● ● ● ○ ○
Rapid Results	● ● ● ● ○
Strength	● ● ● ○ ○



PERSONAL TRAINING

Customized and assessment-based personal training and one-on-one programs leverages a wide variety of techniques that combine resistance training, core stability, total body exercise and dynamic stretching.

Commit to one-on-one personal training with a member of our certified training team and put yourself on the fast-track to better physical fitness. At Results Fitness, every client is trained differently, using a personalized blueprint based on an analysis of their current health, medical history, fitness objectives and physiology.

SUMMARY.

Personal training provides unmatched focus and a structured journey to greater physical fitness, all under the watchful eye of a master conditioning coach. Whether you're looking to lose weight, get stronger, increase mobility, enhance your overall fitness or overcome previous injuries, our team stands ready to give you our full attention. Our customized programs build strength, balance, flexibility and core stability—simultaneously.

As mobility emerges as a critical element of physical fitness—especially among clients over 50—the most effective personal training regimens leverage one of two advanced mobility techniques called MAT (Muscle Activation Technique) or FRC (Functional Range Conditioning). Results Fitness is the only facility in Connecticut integrating both mobility techniques into personal exercise regimens.

BENEFITS.

There is no substitute for one-on-one training designed around your exact personal needs. Our clients benefit from:

- **Fast Results.** With your own personal coach at your side, each personal training workout is effective and efficient, programmed to generate the next great version... of you.
- **Personalized Workouts.** Like a fingerprint, no two workouts are the same. Your training regimen is designed for your body and your objectives.
- **Reduced Injuries.** Having a Results coach at your side will ensure you're using the proper form and technique during each workout.

SCHEDULE.

Personal training and one-on-one conditioning is available Monday through Saturday from 5am-7pm. Sessions span 30, 45 and 60 minutes. Because each personal training client has different needs, we insist clients come into Results Fitness for a fully complimentary and comprehensive analysis, physiology assessment and training session.

Personalized Regimen	● ● ● ● ●
Lean Muscle	● ● ● ● ○
Elasticity	● ● ● ● ○
Rapid Results	● ● ● ● ○
Strength	● ● ● ○ ○



MEMBERSHIPS

We encourage you to leverage the benefits of a Results Fitness membership. Not only will you look good, but you'll feel good. Whole-body health isn't just a physical benefit—come leverage our expertise and encouragement to transform your life.

Results Fitness maintains a “capped” membership format—we control membership levels to ensure every workout is monitored and every client is receiving unmatched attention and coaching.

Our state-of-the-art training 5,000-sq.-ft. “dual training environment”—designed for both metabolic conditioning (lose weight) and strength training (get lean)—is open Monday through Friday from 5am-7pm and Saturday from 6:30am-1:00pm for RedZone classes and private one-on-one training. We are closed on Sundays.

- **RedZone Classes.** Offered several times a day Monday through Saturday from 5am-7pm. RedZone classes are one hour and must be booked in advance using the MindBody app. Walk-ins are not accepted. Pricing: \$199 RedZone class 10-Packs, \$175 per month for three months, \$165 per month for six months. BEST DEAL: \$155 per month unlimited RedZone classes (best value, must be purchased as an annual plan).
- **One-on-One Conditioning Schedule.** Personal training conditioning is available Monday through Saturday from 5am-7pm. Sessions span 30, 45 and 60 minutes. Because each personal training client has different needs, we design pricing options based on a fully complimentary and comprehensive analysis, physiology assessment and training session.



GIFT EXPERIENCES



Give somebody the gift of transformation with our curated fitness experiences—short- and long-term gift packages designed around proven results. From one-month fitness “kick-start” programs to all-year-long “total commitment” initiatives to our popular couples packages, there is no greater gift than the gift of physical fitness. Review our current stable of fitness experiences below or contact us for custom packages.

MEMBERSHIP GIFTS

The perfect gift for yourself or a loved one, these pre-paid memberships provide the perfect access to fitness results.

REDZONE 90

Unlimited RedZone classes
MyZone metabolic sensor
MyZone mobile app
Cost: \$595
(Assets used over 3 months)

REDZONE 180

Unlimited RedZone classes
MyZone metabolic sensor
MyZone mobile app
Cost: \$995
(Assets used over six months)

ONE-ON-ONE 90

24 personal training sessions (45 min.)
1 Customized program assessment
1 Muscle Activation Session
Cost: \$1,995
(Assets used over six months)

ONE-ON-ONE 180

48 personal training sessions (60 min.)
2 Customized program assessments
3 Muscle Activation Session
10 RedZone Classes (with MyZone sensor and app)
Cost: \$4,995
(Assets used over six months)

TOTAL PACKAGES

Blended training regimens designed around “total body transformation”—our Total initiatives provide equal parts one-on-one conditioning, metabolic calorie crushing and muscle conditioning.

TOTAL 90

16 Personal Training Sessions (45 min.)
24 Red Zone Classes (with MyZone sensor and app)
5 Muscle Activation Sessions
5 Kin Stretch Sessions
1 Pre-Program Custom Assessment
Cost: \$2,695
(Assets used over 3 months)

TOTAL 180

24 Personal Training Sessions (45 min.)
42 Red Zone Classes (with MyZone sensor and app)
10 Muscle Activation Sessions
10 Kin Stretch Sessions
2 Program Custom Assessments
Cost: \$4,495
(Assets used over 6 months)

TOTAL 365

42 Personal Training Sessions (60 min.)
Unlimited Red Zone Classes (with MyZone sensor and app)
15 Muscle Activation Sessions
15 Kin Stretch Sessions
3 Program Custom Assessments
Cost: \$7,995
(Assets used over 12 months)

KICKSTART PACKAGES

Designed with one thing in mind—fast results—our proven KickStart packages mix metabolic training, strength conditioning and one-on-one coaching into one-month or three-month blended regimens.

KICKSTART 30

4 Personal Training Sessions (30 min.)
8 Red Zone Classes (with MyZone sensor and app)
1 Pre-Program Custom Assessment
Cost: \$495
(Assets used over 1 month)

KICKSTART 90

12 Personal Training Sessions (30 min.)
24 Red Zone Classes (with MyZone sensor and app)
1 Pre-Program Custom Assessment
Cost: \$1,195
(Assets used over 3 months)

COUPLES PACKAGES

Perfect for the couple making a commitment to physical fitness—together. Designed to provide each person with access to training, classes and assessment.

COUPLES 90

12 Personal Training Sessions (60 min., both people trained together)
24 Red Zone Classes Per Person (with MyZone sensor and app)
1 Pre-Program Custom Assessment
Cost: \$2,695
(Assets used over three months)

COUPLES 180

Assets to be used over three months:
24 Personal Training Sessions (60 min., both people trained together)
48 Red Zone Classes Per Person (with MyZone sensor and app)
2 Muscle Activation Sessions Per Person
2 Kin Stretch Sessions Per Person
4 Custom Assessments
Cost: \$4,995
(Assets used over six months)



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