

9ROUND

30 MIN KICKBOX FITNESS

GET IN SHAPE FAST!







**SAVE
\$100
OFF
ENROLLMENT**
WITH THIS COUPON

**SHRED CALORIES AND
FAT FOR SUMMER!**



**OUR FITNESS
PHILOSOPHY**

9Round is the ultimate 30 minute, total body, kickboxing circuit! We don't waste a minute of your time. It's the END of boring cardio and the first workout is always free! 9Round is dedicated to providing a unique, fun, and proven workout that guarantees results!

-  **30 MINUTE CIRCUIT**
Fast, full body workout
-  **NO SET CLASS TIMES**
Workouts start every 3 minutes
-  **HARD WORK PAYS OFF**
Burn up to 500 calories each time
-  **TOTAL BODY WORKOUT**
Work every muscle, every time for a full body burn
-  **FUN AND ENGAGING**
Workout changes daily so you'll never get bored
-  **TRAINER INCLUDED**
Personal attention at no extra charge

913-402-9999

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Overland Park, KS 66223

9Round.com/OverlandParkKS135th