

# HEART ZONES



## MEET SGT

### Group Technology for Small Group and Personal Training

**Heart Zones SGT | Personal Training** is an individual and group program for clubs. The turnkey solution uses wearables, apps, and workout activities. It transforms coaching and Group X programs by motivating and engaging your clients. Here are but a few of the features and functions of this new group solution:

**The Technology:** In this era of connected fitness, Heart Zones technology utilizes your certified instructors, uses the Big Board group display, and free individual apps. Participants' sensors connect to the transceiver, to the iPad, to the display and to the cloud and then emails the post-workout reports to the participants. It is easy to start a class in only 15-seconds.

**The Experience:** For the participant, individualizing the workout to match their level of fitness leads to results. The program is based on the Heart Zones patented zone training methodology. This personalization of heart rate, step counting activity, and other sensor technology allows each participant to workout at the same level of intensity based on their individual zones in a small group setting.

**The Data:** Your fitness professionals can now provide robust personal and group data using Heart Zones group technology. Participants are motivated by seeing objective data that shows personal improvements and valuable assessments. Post-workout reports are e-mailed to the client leading to retention and program loyalty.

**The Club:** This new ready-to-go, full package solutions is easy to deploy and implement. This keeps your club ahead of the competition. Members engage in the facilities innovative approach to provide new and fresh programs and experiences that are unique as well as based on the science of exercise and the value of personalized and individualized data.

Whether you are managing a facility or as a fitness professional, try **Heart Zones SGT | Personal Training**. Launch a new program and a new experience using the latest technology. and Heart Zones offers workshops, courses and certifications. Call or email for a free 15-minute demo and learn more.

#### More Information Contact:

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