



How is MYZONE going to enhance MY class experience and what are the benefits of having a belt?

- Provides immediate feedback (via the live display in class or your smart phone) on your exercise intensity, allowing you to get the most out of each workout.
- Their personal MYZONE tile will be displayed on the MYZONE screen during class and Instructors can coach to work at (and for) different intensity levels, *you will feel the difference!*
- Each session, there will be different challenges varying in length and goals that are tracked through MYZONE. Only those with a device, currently enrolled in RC N.O.W. will be able to participate in these challenges.
- The free MYZONE app provides feedback on all activity (while wearing it), showing your progress and workout history
- Heart Rate zones will adapt and adjust with you- keep pushing your fitness to the next level and forget about plateaus!

I want one!! How can I purchase my own MZ-3?

- They will be for sale at the Rec Center for \$70 + tax/each. You may purchase one anytime after January 8, 2018 and take it with you that day. Only one person can be assigned to each device at a time, this allows your account to display your personal workout data and history.

Am I required to purchase the MYZONE Belt to participate in RC N.O.W.?

- Purchasing the MYZONE belt will not be required to participate in the program, but we believe every member will benefit from using the technology in our class setting.

What if I purchase it and decide it's not for me?

- If you decide the MYZONE belt is not for you, within 30 days you may return the belt, the box, the charger and you will be fully refunded.