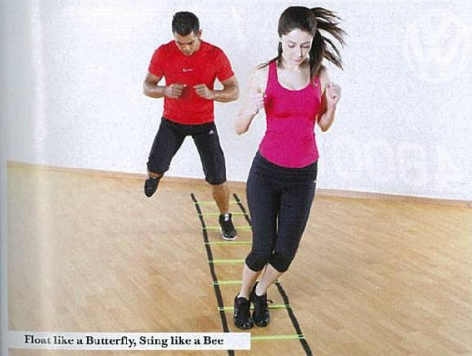


# A.C.T. Now & Get Lean

The Circuit Training to a brand new you is just 5 stations away



Float like a Butterfly, Sting like a Bee



Back to School



Leap of Faith



Hanging by a Thread



Sock it to the Boss

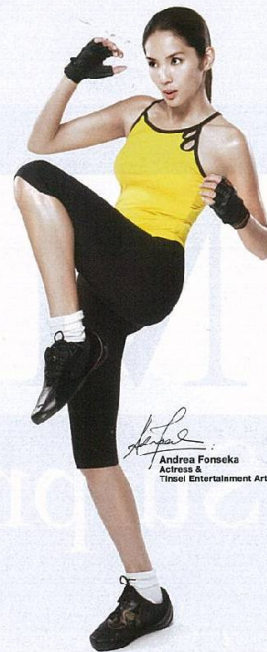
Looking for a fitness routine in the gym that goes beyond lifting weights and running on the treadmill? Say hello to Agility Circuit Training or A.C.T - the new training programme that is available exclusively at True Fitness. It is a workout routine that provides the combined benefits of cardiovascular, resistance and agility training - all without touching a single machine. Developed in-house by True Fitness, A.C.T is the answer for busy individuals who want to trim up and lose weight fast, build lean muscles and achieve a toned physique.

Featuring titillating names such as 'Float like a butterfly, sting like a bee', and 'Sock it to the boss', there are 5 stations with three exercises to perform at every station, each using equipment or training methods such as an agility ladder, skipping rope, hurdles, TRX® Suspension Training or kickboxing to impart a maximum-efficiency workout!

These five stations form an essential part of the introductory series of the A.C.T programme, entitled Into the Fire. The key is to perform each exercise within 20 seconds, with intermittent breaks and explosion of power that will keep your heart rate in the optimal fat-burning zone.

The A.C.T programme can be adjusted to suit different fitness levels and is available exclusively at all True Fitness clubs. For those who are keen to try this out, simply present this page at any of our centres for a **FREE 14-Day True Fitness Membership and an A.C.T Trial worth over \$120!**

**TRUE FITNESS CENTRES:**  
 Chevron House #07-00 Tel: 6438 3000, China Square Central #B1-26 Tel: 6438 3833, Great World City Mall #03-14 Tel: 6235 9622, Parkway Parade #07-15/17 Tel: 6348 2900, Suntec City Mall #07-001 Tel: 6820 9000, VivoCity #03-10/11 Tel: 6278 3000.



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