



**ZBOX FITNESS DVD ORDER**

**A TOTAL BODY WORKOUT: Z-BOX FITNESS®**

Boxing, Dancing, Body Toning, Mat, and Relaxation = Z-Box Fitness® (the Z is short for Z.E.N.). Z-Box Fitness® blends the hippest dance moves from yesterday and today, mixed with basic boxing moves. You will complete Z-Box's total body workout with a host of resistance training and standing Z.E.N. Z-Box's technique utilizes intermittent training by varying bursts of energizing, fun exercises with decreased intensity recovery periods. This style has incredible advantages. It is the quickest way to get fit, lose fat, and be supercharged for optimal fitness. Throw in the weights and you speed up the process even more! Equipment: Hand Weights (optional)



**A MAT FUSION WORKOUT: 30 MIN. BONUS Z.E.N.**

Z.E.N. (Zone+Envision+Nature) is user-friendly for all fitness levels and bodies. You go at your own pace in this Z.E.N. bonus workout. Z.E.N. is linked together with the best of body sculpting followed by a deep relaxation. Benefits include flexible spine, long lean muscles, core strength and a relaxed state-of-mind. Z.E.N. is non-intimidating or judgmental form of exercise. Learn to listen to your body and follow your intuition while making your Z.E.N. practices your own. Z.E.N. is not religious. Equipment Needed: Light Hand Weights (optional), Mat, 7" Playground Ball

**ZBOX FITNESS: THE WORKOUT DVD ORDER FORM**

Last Name	First Name
Phone	Email Address
Address	City, Zip

DESCRIPTION	QUANTITY	UNIT PRICE	AMOUNT (\$19.98 x Quantity)
Z-Box Fitness: The Workout DVD		\$19.98	\$
Promo Code: <input type="text"/>		MI Tax Rate x 6% MI Residents Only	
<div style="border: 1px solid black; padding: 5px;"> <p align="center"><b>- CLASS DELIVERY -</b></p> <p><u>Print Instructor's Name, Location and Day of Your Class:</u></p> </div>		Shipping & Handling Flat Rate	Shipping: \$5.00
		Rate	Class Delivery: No Charge <i>Enter Detail in Box on Left</i>
		<b>Total</b>	<b>\$</b>

**Make Check or Money Order Payable To:**  
**Z-BOX FITNESS | c/o DR ANTHONY ARENA | 2209 Euler Road, Suite 2, Brighton, MI 48114**

CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS ORDER FORM  
 \$25.00 Fee on Returned / NSF Checks  
 No Refunds – Final Sale

You Will Be Notified Via Email When We Ship Your Order

**Please Make Sure To Print Clearly Your Email Address, etc.**

Thank you very much for your order!

MORE INFO: [WWW.Z-BOXFITNESS.COM](http://WWW.Z-BOXFITNESS.COM)

Disclaimer: Always have a medical evaluation before starting any new physical activity. If you have chest pain or dizziness during any physical activity, stop and call your health professional. This information is not intended to replace the advice of a doctor. This DVD, website or its owner(s) disclaims any liability for the decisions you make based on this information.