

Travel Fitness for Road Warriors

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Zone Workout Offers In-Room Fitness Videos

If you like having a personal trainer, you're going to love the Zone Workout series. Designed specifically to be performed in a hotel room, Zone Workout offers a variety of in-room fitness videos, such as:

- Pilates
- Yoga
- Core Conditioning
- Cardio Stretching
- Total Body Workout

The Zone Workout series can be found at leading hotel chains throughout North America. Check out <http://www.zoneworkout.com/availability.htm> to look for a specific location.

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