

THE CIRCUIT FACTORY CHALLENGE

GOT THE BALLS TO TAKE THIS ON?
Turn over friend and get cracking...



HOW DOES IT WORK?

On day one we measure your body. You then agree to the following:

- Choose your location (AQ, Springs, Mirdif, Meadows, Motor City or Downtown.)
- Train four times a week at The Circuit Factory.
- Complete an additional set of daily “breakfast” exercises at home.
- Follow The Circuit Factory Diet.

We then put the full force of The Circuit Factory behind you to keep you on track. Support, advice, the kitchen sink - we have one goal. Results. Four weeks later, we measure you again. You jump up and down.

WHERE IS IT?

Any Circuit Factory: Al Quoz, Springs, Mirdif, Meadows, Motor City or Downtown.

HOW MUCH DOES IT COST?

Al Quoz - AED 500 per month membership fees and AED 250 every week you complete. All other locations - AED 350 per week.

HOW MANY TIMES A WEEK MUST I TRAIN?

Four times per week.

WHAT IF I TRAVEL?

We give you **The Circuit Factory Mobile Workout** to follow while you are away. These workouts require nothing more than a stopwatch and space.

WHAT WILL I EAT?

The Circuit Factory Diet.

BUT I'M AN EXERCISE BEGINNER, WILL IT WORK FOR ME?

Absolutely - it's designed for people of all fitness levels.

WHAT CAN I EXPECT?

Better results than any personal trainer or group exercise class you have ever experienced.

HOW DO I JOIN?

Click “**Sign Me Up**” button, follow the instructions and we will contact you with information on how you pay your deposit OR, just come to class and pay your deposit.

I HAVE MORE QUESTIONS

Send them to info@circuitfactory.ae and we will gladly answer them for you.

I'M INTERESTED, BUT I'M STILL UNSURE:

Just click [here](#) babe x