

Invite your workplace to **Workout for FREE**

This is a great team building event that helps your employees reduce stress while having fun together. We provide a private, fun and low intimidation environment for your group.

Your FREE Private Fitness Party Includes:

- One hour of fitness and fun
- A professional private instructor
- Healthy Snacks and refreshments
- Full service of locker room and spa amenities after the workout



Class Choices- All class offerings are geared toward beginning exercisers with modifications for more advanced fitness levels.

Group Power- A barbell program that strengthens all major muscles groups. This is simple, fun and a very effective resistance training class. This class is taught to the best music you have ever heard.

Group Cycle- This class takes place in a cycle studio on stationary bikes. A fantastic cardiovascular workout. Everyone can ride a bike!

Mind Body- Beginner Yoga is a gentle approach to yoga practice for increased flexibility, core strength and stress reduction.

Pilates- Mat exercises for core conditioning using controlled movements.

