



# WorkFIT Program

Introducing our **NEW WorkFIT Program**, we welcome employees in our local community to join us for a lunch time, small group, 30 minute, bootcamp style workout.

Our WorkFIT program goals are to get participants on a track to working out regularly, training with correct technique, and build healthy habits.

Attend 3 classes a week—Tuesday, Wednesday and Friday

Pick a time 12:00, 12:30, 1:00, or 1:30

Groups will meet **3 x a week for 5 weeks**

\$75 (members) or \$105 (nonmembers)

**\*Program starts Tuesday February 21**

**(\*\*participants must register by February 21)**

All participants receive \*weekly recap emails containing workouts from the previous week, \*fitness assessment at beginning and end of 5 week session, \*3—30 minute workout sessions a week in a small group training setting with a certified trainer, and \*accountability reminders.

Small Group training helps promote accountability, allows participants to work with a trainer in a safe and controlled setting, and builds participant knowledge about individualizing workouts and reaching personal goals.



“Centrally located in the heart of downtown, we offer a multitude of wellness options for individuals.”