

# bizFITc

Cultivate loyal, productive, happy employees with our unique fitness experience



**FITNESS**  
— IN THE —  
**CITY**

## Offer a well rounded fitness experience to your employees.

Individuals can create a weekly fitness routine combining HIIT, strength training, Yoga, and cycling. Come sweat with us at either of our **two locations** and be a part of a friendly fun fitness community.

## MEMBERSHIP INCLUDES UNLIMITED CLASSES AT FITC:

Meta Circuit: Cardio & Core based HIIT Workout

Power Hour: Weight-based Total Body Class

Weight Lifting: Low reps, long rest, heavy weights

Yoga Cross: 30 Minutes HIIT 40 Minutes Yoga

### PLUS MONTHLY PERKS:

4 Free Classes at the River Yoga

4 Free Classes at High Ride Cycle

## PRICING

Employees	Monthly Cost
1-5	\$650
6-10	\$1000
11-20	\$2000

6 Month  
Prepay  
6 Month Auto  
renew



*the River*

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