CORPORATE WELLNESS

FITNESS STARTS HERE

WELLNESS WEEK

OCTOBER 23 - OCTOBER 27

Enjoy a whole week of wellness and fitness with Onelife Fitness North Frederick!

- Schedule a Personal Training Consultation to answer all your fitness questions
- Kids Club Available (Two Hour Max)*
- Try our Group Fitness Classes!
- Daily Raffles and Prizes
- Your friends and family invited!

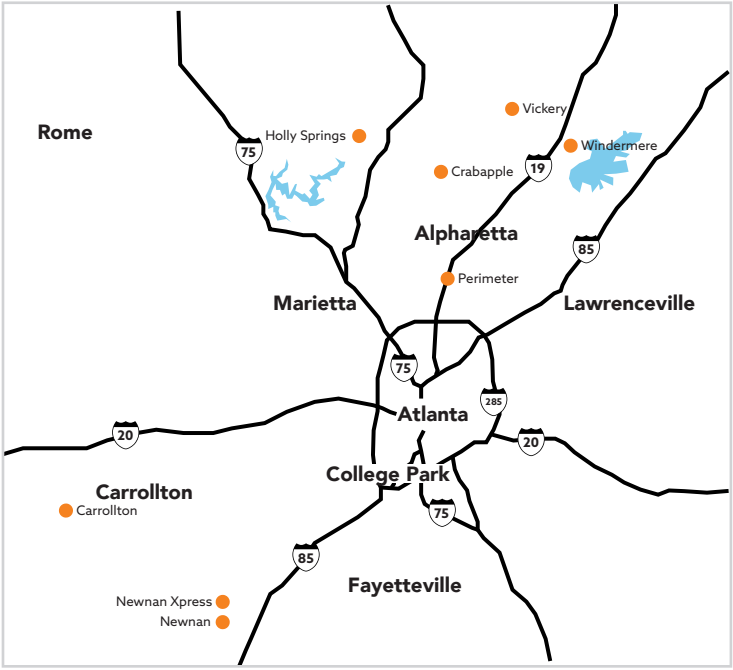
JOIN US TUESDAY, OCTOBER 24: 6:30PM - 7:30PM!

A whole day of fun, raffles, refreshments and prizes! Group Fitness class open to all ECPS employees and to their friends & family! Basketball court also available.

***KIDZ KLUB HOURS:** 7PM - 10PM and 3PM - 8PM

ENJOY ALL THE AMENITIES!

- State-of-the-Art Strength & Cardio Equipment
- Group Exercise Classes Including Zumba, Yoga, BodyPump, BodyCombat, Virtual Cycling & more!
- Zone4 Group Training
- Kidz Klub & Kids Programs
- Indoor Pool & Swim Lessons
- Sauna
- Basketball
- And Much More!



For more information, please contact Deborah Massa at deborah.massa@onelifefitness.com or 678-628-3494.

Onelife FITNESS