

Community *Fit Club*

Move More, Feel Better! Become a Member Today!

Community Fit Club includes five 45-minute weekly virtual workouts and mind/body classes (plus so much more) to support your body, mind, mood and morale!

WEEKLY CLASS SCHEDULE

Mondays, 12 – 12:45 p.m.

High Intensity Interval Training with David

Excellent for its muscle-building and fat-burning benefits, all levels are invited to kick up their workouts a notch with HIIT.

Tuesdays, 4:30 – 5:15 p.m.

Cardio + Core with Dani

Look forward to cardio intervals paired with a variety of core conditioning for improved back health, stability, balance and power.

Wednesdays, 12 – 12:45 p.m.

Yoga Flow with Emma

This class leads you through sequences for full body stretch and strengthening complete with relaxation and meditation.

Thursdays, 5:15 – 6 p.m.

Total Body Conditioning with Katy

This full body workout (focused on mobility and muscular endurance) taps into a variety of training techniques to create a body that is strong and stable yet supple.

Saturdays, 9:30 – 10:15 a.m.

Self-Care Yoga with Jessica

Enjoy this gentle yoga practice emphasizing the healing benefits of yoga and complimentary self-care practices.

MEMBER BONUSES

- Invitations to special events during the year!
- An **On Demand Library** complete with replays of every class!
- 100-Class Club Incentive: Earn fitness gear each time you accumulate 100 classes with us – live or replays! (Tracking tool provided.)
- Access to ongoing fitness and mind/body support from your team of trainers – email us at any time with your questions and requests.
- A Members-Only Private Facebook Group: Access additional motivation, tips and resources to support your fitness, nutrition and body positivity needs!

MONTH-TO-MONTH MEMBERSHIP

\$35/month

Payee is Columbus
Corporate Wellness

bit.ly/CommunityFitClub



Questions? Contact
info@wellnesscollective.com!

FREQUENTLY ASKED QUESTIONS

What do I need for class?

Some classes require footwear – some do not. Check with your instructor on their suggestion.

All new members will receive a Versa Loop resistance band as a welcome gift. Other items to have nearby: a yoga mat, chair, wall, light dumbbells (3 – 15 lb.) and a mat.

What if I miss a class?

There is something so powerful about joining a live class, and your trainer and fellow members look forward to seeing you!

But life happens, so replays are always provided. You can easily catch up right away! Make it a goal to complete the missed workout before the end of the week. The **On Demand Library** makes it easy to access a workout from anywhere.

Can I bring a friend?

Referrals are encouraged and welcomed! The more the merrier!

Any friend interested in trying our workouts are welcome to join for one free class or have access to one replay. Contact us directly for the replay link. For guests interested in joining you for a live class, simply share the Zoom access information for the desired class with your guest.

Membership has benefits!

By joining Community Fit Club, you'll enjoy consistent professional coaching, meet new friends, receive encouragement from dozens of other amazing members, sense increased accountability and maximize your motivation! We can't wait to see you there!
#movemorefeelbetter



Excited to learn more? Email us at info@wellnesscollective.com!

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