

RPM NEWSLETTER

FITNESS

POWERED BY:



SEPTEMBER 2024

A group of diverse fitness enthusiasts, including a man with dreadlocks and a woman with a large braid, are cheering and exercising in a gym. They are holding dumbbells and have intense expressions of effort and joy. The background is a warm, orange-toned wall.

ZERO ENROLLMENT MONTH!

Become a member with us during September and enjoy waived enrollment all month long!



HAPPY LABOR DAY!

RPM Fitness will be keycard access only on September 2nd, 2024 in observance of Labor Day. We will resume our regular operation hours on September 3rd, 2024.



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Gym Membership Parking Procedure Change

Starting September 1st, 2024, gym membership parking will no longer be attached to access cards.

Gym members who do not have a parking membership for BOA Plaza parking or who do not receive parking through their employer must pull a ticket for access. Validation tickets can be found at the front desk and are good for up to 3 hours.

Please use the Peachtree St NE entrance to the garage for guaranteed access during the week and weekends.

**Thank you.
-RPM Staff**

RPM
FITNESS



CORPORATE
HEALTH
UNLIMITED

Bounce Shoe STORE

KANGOO **POWER!**

SEPT 25TH
@ 12:15PM

**BURN 20 CALORIES A
MINUTE WHILE
ABSORBING 80% OF YOUR
IMPACT IN THIS FREE
REBOUND BOOT CLASS!**



**REGISTER
AT WITH
THE QR
CODE!**



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FITNESS

SUPER STRIDES TRAINING PROGRAM

**TRAIN WITH US FOR THE
HOLY HALLOWEEN 5K ON
OCT. 26TH, 2024.**

TRAIN FOR THE BIG RACE.

Follow along with our training program as we prepare to run the annual Holy Halloween 5K. Be accountable with weekly check-ins and track your training workouts.

RUN WITH THE TEAM!

Take on the Winship 5k race route with the RPM Fitness Striders! Motivate your teammates as we race to the finish line.



TRAIN WITH US WITH OUR TRAINING PROGRAM SO THAT YOU CAN DO YOUR BEST ON OCT 26TH! REGISTER FOR OUR TEAM WITH THE QR CODE.

\$35



RPM

Massage Packages



60 minutes \$115

75 minutes \$135

90 minutes \$150

Mon-Thurs

10:00^{AM} - 2:00^{PM} & 3:00^{PM} - 5:30^{PM}

Friday

10:00^{AM} - 2:00^{PM}

Contact Us
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RPM

FITNESS

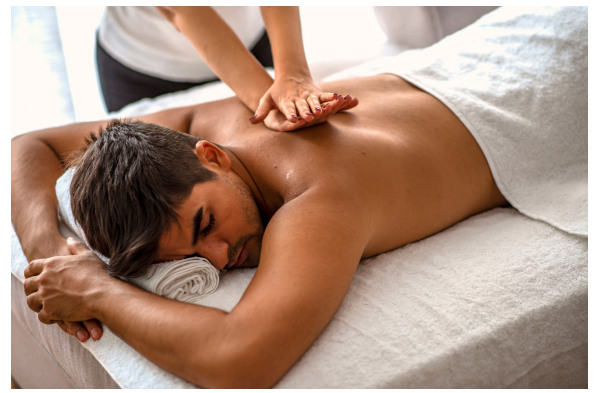
The first step towards wellness

CORPORATE
HEALTH
UNLIMITED
A CORPORATE SPORTS COMPANY



Personal Training

Our experienced and nationally certified personal trainers have the knowledge and expertise of the human body and its reaction to exercise. They create customized plans to help their clients meet personalized fitness goals. They have the ability to design and effectively execute an exercise program for all clients, no matter the fitness level or ability. They encompass the desire to help clients reach their fitness goals and have the ability to motivate others with encouragement and uplifting words. They have a dedication to self-improvement, self-awareness, continuous learning and personal growth. Ask us about our individual and group training packages and training modalities!



Massage Services

Our Massage Therapists work to improve our client's well-being by relieving pain, soothing injuries, increasing relaxation and improving circulation.



Registered Dietician

Our Licensed Registered Dietitians provide onsite and virtual nutrition counseling services. Through our Nutrition Care Model we provide for the needs of an ever-changing community and solutions to change lives.

PRODUCTS AND SERVICES



At Corporate Health Unlimited, we offer a genuine commitment to provide our customers with exceptional service. Striving to conduct business with the highest level of integrity and detail, we aspire to exceed the expectations of our clients, employees, and community. To our clients, we are proud to offer an array of services and experience, ensuring continued satisfaction. To our employees, we pledge to provide an environment that encourages both professional and personal growth. To our community, we offer enduring support and dedication to improving the quality of life. Simply stated, our purpose is you.

RPM

FITNESS

TUESDAY

12:15 PM YOGA

A mixture of Yin and Vinyasa yoga to improve balance, strength, mobility, and flexibility.

5:45 PM KICKBOXING

A martial art-inspired group fitness format that is both heart-pumping and exhilarating using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing.

WEDNESDAY

12:15 PM MUSCLE MAYHEM

Strength training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance.

5:45 PM ZUMBA!

An exciting, aerobic exercise class in a dance format that incorporates the moves of 10 Latin-American dance styles.

THURSDAY

5:45 PM BEGINNER YOGA

A yoga class ideal for novice yogis and those who are looking for a deep stretch to finish the week.

GROUP FITNESS SCHEDULE