

RPM NEWSLETTER

FITNESS

JANUARY 2025

POWERED BY:





YOU ASKED, AND WE LISTENED! RPM FITNESS HAS EXTENDED OUR STAFFING HOURS. THIS MEANS MORE SAUNA AND STEAM, AS WELL AS EXTENDED GUEST HOURS. SEE OUR NEW STAFFED HOURS BELOW!

MONDAY	6:00AM-7:00PM
TUESDAY	6:00AM-7:00PM
WEDNESDAY	6:00AM-7:00PM
THURSDAY	6:00AM-7:00PM
FRIDAY	6:00AM-7:00PM



25 FITTRIP

FREE VIRTUAL WORKSHOP

ROUTINE

Reset

Join a certified Health Coach to learn quick tips to build and sustain healthy habits. Whether you want to move more, eat healthier, or just feel better, you will leave this workshop with actionable steps to reset your routine.



THURSDAY, JANUARY 16
12:30 - 1:00 PM ET
SCAN TO REGISTER
SEE STAFF FOR MORE INFORMATION

RPM
FITNESS



CORPORATE
HEALTH
UNLIMITED

Bounce Shoe STORE

KANGOO **POWER!**

JAN 29TH
@ 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!**





25

FITTRIP
YEARS OF TRANSFORMATION

25 FITTRIP
YEARS OF TRANSFORMATION

EYES ON THE PRIZE

PRIZES INCLUDE:

**\$1,250 CASH, PREMIUM FITNESS
EQUIPMENT, AND MORE!**

\$114



**STARTING
JANUARY 27TH**

REGISTER AT WWW.FITTRIPRX.COM

RPM
FITNESS

**CORPORATE
HEALTH
UNLIMITED**
A CORPORATE SPORTS COMPANY



Change your life with

25 FITTRIP YEARS OF TRANSFORMATION

Fitness is a journey. It is ever-evolving, expanding and adapting throughout our lives. While fitness goals may be different for each person, they are all built on the same foundation -- being healthy both on the physical and mental fronts.

FitTripRx is a journey to achieve your fitness goals. It's a holistic, 12-week challenge designed to create sustainable healthy lifestyle changes. It is a journey to achieve your best you through education, action, competition, reward, accountability, and results.

Sign Up.

Register online or at your fitness center to receive your FitTripRx invitation link.

Measure In.

Receive an advanced analysis of your body composition using our InBody 570. The body composition scan goes beyond the basics to measure fat, muscle, resting metabolic rate, and total body water. Once you know your baseline, additional scans will track your progress toward your goals.

Compete.

We give you the tools you need every step of the way. Use MyFitTripRx for personal accountability tracking and earn points towards the competition, all while building a healthy lifestyle.

Measure Out.

Using the same **InBody** technology from your measure in, you will receive your final body analysis with a full, comprehensive report including lean muscle mass, fat mass, resting metabolic rate, and total body water. You will receive points based on your improvements.

Win.

This is where your hard work pays off. We will have 1st, 2nd, and 3rd place winners for both male and female". Grand prize winners will be announced on a live Teams call.

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.

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

POWERED BY:

