



CORPORATE DISCOUNT

\$79
PER MONTH

What's included:

- Unlimited classes.
- Early morning, lunchtime and evening classes Monday - Friday. 45 minutes. Saturday & Sunday morning classes.
- Loyalty Reward Program! Points accumulate as long as your membership is active. Points can be redeemed on personal training, nutrition coaching, merchandise and some specialty workshops/classes.

What do we offer?

- Total Body Fitness Program - Small Group Personal Training Classes (Sweat & FIT)
- BoxFIT (Boxing & HIIT)
- ABZ GUNZ & BUNZ (toning class)
- BARRE Intensity
- POUND®
- Generation POUND® (Ages 6-12)
- TRX Fusion (TRX & Pilates/BARRE/Yoga)
- Restorative, Detox, Flow, Circuit Yoga's
- Kids Yoga (Ages 3-5; 6-12)
- Roll With It! - Foam Roller Class
- SweatFIT Run Club (Spring - Fall)
- Nutrition & Fitness Coaching
- Personal Training

LOCATION – 3975 100th Street, Urbandale – (515) 778-5899
FULL SCHEDULE: www.sweatfitclub.com