



We Make Fitness Fun!

Please Join Us & Have Some Family “Fitness” Fun

Have fun during your family or buddy workout! Experience our laser maze, interactive climbing walls, and more in our state-of-the-art facility located in Rockville, Maryland. Your group will have its own personal fitness trainer for the entire session. Visit our Fitness for Health program and experience how we improve fitness, motivation, self-confidence, and self-esteem while promoting physical wellness for everyone!

Fitness Fun with Your Family or Friends!

Bring your family or four friends with you for one 50-minute Fitness for Health session at the DC area’s only glow-in-the-dark gym! (For maximum fun, we ask that the group be no larger than 5 participants.)

An experienced fitness trainer will guide you through:

- Laser Maze
- 30 ft. Trampoline
- Interactive Climbing Walls
- and Much More...

Expiration: May 31, 2020 (2e Virtual Conference)

Valid for new families only. Cannot be combined with other offers. Must be used for a Buddy/Family Workout. Participants must be over the age of 5.

Fitness For Health
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