

RPM NEWSLETTER

FITNESS

APRIL 2024

POWERED BY:





RPM *WELLNESS* **BINGO!**

FITNESS

Get ready to cross off those squares and aim for those elusive winning patterns. But this isn't your ordinary bingo game; it's a fitness challenge that will test your discipline, luck, and competitive spirit!

This challenge begins on April 8th, 2024! Register at the front desk.

RPM WELLNESS FITNESS BINGO!

RULES:

1. Bingo cards for all participants will be stored at the front desk.
2. All fulfilled challenges will be shown to or demonstrated for staff to mark your BINGO card.
3. Exercise challenges must be done in the presence of a staff member, or shown to staff with video proof.
4. Proof of use of the sauna or participation requires a picture from inside the sauna for fulfillment.
5. Group fitness participation requires a picture with the group fitness instructor.
6. If you are unsure how to complete an exercise, let staff know! We will be happy to help.

7. Have some fun!

Get 5 in a row: Win a wellness goodie bag!
(while supplies last.)

First member to BLACKOUT their card: Win a
90-minute massage!

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
404.874.4584
rpm@corpsports.com



RPM

FITNESS

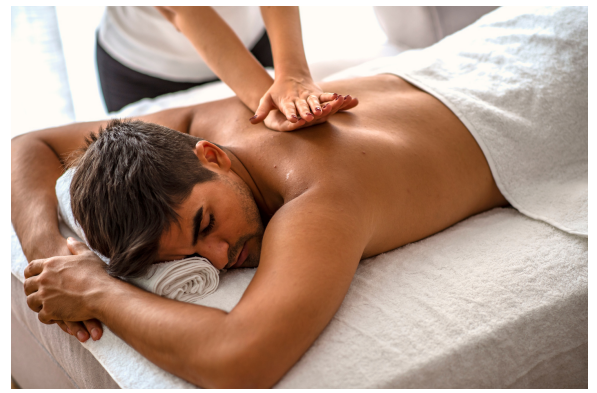
The first step towards wellness

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

YOGA CLASS

*Find inner peace
and flexibility -
Join our yoga
classes!*

Vinyasa Flow
Mondays
12:15 PM

Beginner Yoga
Thursdays
5:45 PM



Benefits:

- Stress Reduction
- Improved Flexibility
- Increased Strength
- Better Posture
- Enhanced Balance
- Mental Clarity

*For our full class schedule,
visit www.rpmboap.com.*

POWERED BY:



MONDAY

12:15PM 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.

TUESDAY

12:15PM CYCLECORE

Bike intervals combined with strength training, focusing on stabilizing the core and increasing endurance.

5:45PM FIT45

An exciting full-body class encompassing upper body, lower body, and core exercises blended with cardio.

WEDNESDAY

12:15PM MUSCLE MAYHEM

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

5:45PM ZUMBA!

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

THURSDAY

12:15PM AMRAP UNLEASHED

Strength training for all fitness levels focuses on technique and increasing lean body mass and cardiovascular health.

5:45PM BEGINNER YOGA

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

RPM

FITNESS

GROUP FITNESS SCHEDULE