



RPM NEWSLETTER

FITNESS

JANUARY 2023

POWERED BY:



**"GRATITUDE
IS THE P. 4
ATTITUDE"**

RPM FITNESS
NEWSLETTER

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Sunrise Yoga on 55

Bank of America Plaza invites you to a sunrise yoga flow and breakfast with a view!



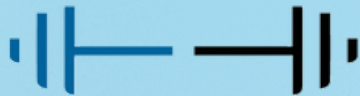
January 25th, 2023



7:00 AM



**Members only. Stop by the front desk for registration.*



REDEFINE

YOUR HEALTH HABITS

BINGO: RELOADED

We are still looking for a winner for free entry into our **RE-Define Wellness Program**. Join us for the January version of our fitness bingo game!





REDEFINE

YOUR HEALTH HABITS






RE-Define is an immersive, guided six-week wellness experience proven to optimize your wellness routine as it relates to movement, sleep, stress, nutrition, and hydration.

\$99

To register, visit
www.wellness360.store
or stop by the front desk for more information.

- ✓ InBody Testing
- ✓ Certified Coaches
- ✓ Self-led Challenges
- ✓ Bi-Weekly Check-Ins
- ✓ Community Support
- ✓ Over \$1000 value in Rewards

Contact Us

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GRATITUDE IS THE ATTITUDE: ADD "CELEBRATING LIFE" TO YOUR SCHEDULE FOR THE NEW YEAR

BY: JASMINE RILEY

The first month of the year has arrived! This month has its typical pastimes of revamping your routines, setting new goals, and preparing to tackle the challenges of the upcoming months. But, this is also primetime to be thankful for the completion of the previous year. You did it! You completed another 12 months, and your triumph is something to celebrate.

When in preparation for the next year, we often forget to revisit some of our significant accomplishments of the year. After the hectic planning, spending, and congregating of the holidays, it's easy to find yourself hyper-focusing on what is to come and not acknowledging the accomplishments of the year that is ending. The first week of January is Celebration of Life Week. This is a time to revisit and appreciate the accomplishments of the previous year and to celebrate the gift of life to accomplish even more in the year to come.

There's no right way to celebrate this week, but the goal should be to intentionally practice gratitude, be thankful for being alive, and celebrate the wins that brought you where you are right now. Here are some ways you can practice celebrating your life.

Take a long walk outside.

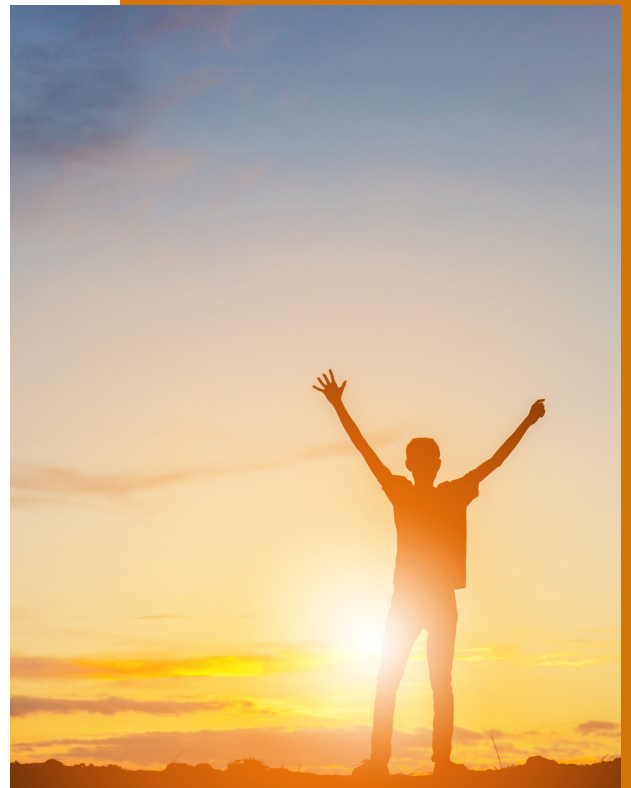
The great outdoors creates a great environment to be pensive about life. The beauty of the world around you has a way of creating that sense of appreciation for the world, and it is a great time to practice gratitude for all of the positive things in your life.

Celebrate with friends.

Similar to the sense of community we look to have during the holidays and other major occasions, celebrating life is a great reason to come together and enjoy the company of close friends and family. Plan a small outing, or host a gathering at your house to practice gratitude with the people that you love.

Treat yourself.

You deserve it! Life can be tough, and finishing a long year victorious is something worth celebrating. Treat yourself with something that you enjoy as a way to practice gratitude for the good things in life. Whether it be a new tech toy, a new car, or something as simple as treating yourself to a favorite meal from a restaurant or a decadent dessert, all great are great ways to reward yourself for how far you have come.





Follow us on our social media platforms!



RPM Fitness



@rpm_fitnessclub



InBody

See what you're made of



InBody Body
Composition Scans

\$20



InBody uses advanced BIA technology to assess a client's body composition accurately and helps provide insight for lifestyle change recommendations, health program adequacy, and overall body composition tracking.

Start your fitness journey off with an InBody scan for 40% off our regular price!

GROUP FITNESS SCHEDULE

Monday



12:15PM Yoga: A mixture of Yin and Vinyasa yoga to improve balance, mobility, and flexibility

Tuesday

12:15PM Animal Flow: Join us at RPM Fitness as Karen takes you on a strength and mobility journey through this unique workout class!



Wednesday

12:15PM HIIT: Interval training with high-intensity exercises. Improve cardiovascular fitness while improving muscular strength and endurance

5:30PM Step to the Max: High volume, low impact resistance training which is led to promote muscular endurance and cardiovascular benefits



Thursday

12:15PM Total Body Strength: Strength training for all fitness levels focusing on technique and increasing lean body mass