RPM NEWSLETTER

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POWERED BY: CORPORATE HEALTH UNLIMITED
A CORPORATE SPORTS COMPANY

GIRL POWER: CELEBRATING WOMEN'S HISTORY MONTH

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RPM FITNESS NEWSLETTER

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Reserve your spot for one of our premium exercise classes through Class Pass.

Search "RPM at Bank of America Plaza" to reserve you spot for class.

classpass

RPM FITNESS

CORPORATE HEALTH UNLIMITED

NEW CLASS!

FIT45

FULL BODY STRENGTH CLASS WITH HALLY MAJORS

>>> TUESDAYS AT 5:30PM

RPM FITNESS

GIRL POWER: CELEBRATING WOMEN'S HISTORY MONTH

In honor of Women's History Month, we are highlighting three influential women who have made contributions that shaped the fitness culture we know and love today.

BRINGING THE SOUL

JULIE RICE AND ELIZABETH CUTLER

Soulcycle was founded by Julie Rice and Elizabeth Cutler in 2006. The two met on what they describe as “the best blind date ever” and bonded over their shared vision of creating a fitness routine that didn’t feel like work. Soulcycle is one of the best-known boutique fitness franchises in North America, with 88 studios in the United States and Canada.

A WORLD CHANGING THEORY

ELLEN LATHAM

In 1996, after getting laid off from her job Ellen Latham needed a way to support her 9-year son as a single mother. She used her background in exercise physiology and pilates to start one on one pilates training from a spare room in her house in Pembroke Pines in Florida. She soon became successful enough to open her own studio and this then developed into what is now know as Orangetheory Fitness, a multi-million dollar fitness business.

WHO RUNS THE WORLD: GIRLS!

TONI CAREY AND ASHLEY HICKS-ROCKA

In 2009 Toni Carey and Ashley Hicks-Rock founded Black Girls Run with a simple goal. This was to help tackle the growing obesity rates in the African-American community by encouraging women to start running. Since its launch, it has grown to over 225,000 members nationwide.

Follow us on our social media platforms!

RPM Fitness

@rpm_fitnessclub

MASSAGE

BY CORPORATE HEALTH UNLIMITED

- CHAIR MASSAGE EVENTS
- TABLE MASSAGES
- 60-90 MINUTE TABLE SESSIONS

FOR RATES AND APPOINTMENTS, EMAIL INFO@RPMBOAP.COM

RPM FITNESS

GROUP FITNESS SCHEDULE

Monday

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

Tuesday

12:15 PM Rip-N-Ride: Bike intervals combined with strength training, focusing on full body complexes to increase total body strength

5:30 PM Fit45: An exciting full body class encompassing upper body, lower body, and core exercises blended with cardio.

Wednesday

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

5:30PM Cardio Sculpt: High volume, low impact resistance training which is led to promote muscular endurance and cardiovascular benefits.

Thursday

12:15PM AMRAP Unleashed: Strength training for all fitness levels focusing on technique and increasing lean body mass and cardiovascular health.

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