


RPM NEWSLETTER

FITNESS

POWERED BY:



MAY 2024

A close-up photograph of a person's hands gripping a black kettlebell handle. The person is wearing a black wristband on their left wrist. The background is a blurred gym environment with various pieces of equipment.

**SWING
YOUR
WAY INTO
FITNESS.**



Memorial Day

REMEMBER AND HONOR

RPM Fitness will be open to members only via keycard access on May 27th, 2024 in observance of Memorial Day. Please remember to bring your keycard.

We will resume normal hours on Tuesday, May 28th, 2024.



**FITNESS
BINGO 2024**

WINNER



**SHIVANI
MEHTA**

**Congratulations to Shivani for winning our 2024
Fitness Bingo!**

**Shivani won a complimentary massage.
Stay tuned for our next challenge!**

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Join us for our first ever Kettlebell Blast pop-up class. Register inside!

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08 OUR SERVICES

RPM Fitness and Corporate Health Unlimited are proud to provide numerous services for you.

09 GROUP FITNESS SCHEDULE

Check out the group fitness class offerings we have this month!

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SWING YOUR WAY INTO FITNESS.

This versatile piece of fitness equipment is a very underrated staple in fitness centers worldwide, but many people don't realize its true potential.

Read on to learn more about the origins and benefits of this ancient and multi-faceted wellness tool.





In recent decades, kettlebell training has surged in popularity worldwide, becoming a staple in gyms, fitness centers, and home workouts. Its effectiveness for improving strength, cardiovascular fitness, and overall functional movement has contributed to its widespread adoption.

Today, kettlebells are not only used by athletes and fitness enthusiasts but also by individuals seeking versatile and efficient workout tools. They have become a symbol of functional strength and dynamic training, with various styles and techniques developed to maximize their effectiveness in achieving fitness goals. Here are a few benefits of the kettlebell training.

- 1. Full-body workout:** Kettlebell exercises engage multiple muscle groups simultaneously, providing a comprehensive workout for your entire body. Movements like swings, cleans, and snatches target the legs, hips, core, back, shoulders, and arms.
- 2. Accessible:** Kettlebells are relatively affordable and require minimal space to use. Whether you're working out at home, in a gym, or even outdoors, you can easily incorporate kettlebell exercises into your routine.
- 3. Functional strength:** Many kettlebell movements mimic real-life activities, making them highly functional. Strengthening muscles in a way that translates to everyday tasks can improve quality of life and reduce the risk of injury during daily activities.

ORIGINS

The origins of the kettlebell can be traced back to ancient Greece, where they were used as a training tool known as the "halteres." These early kettlebell-like objects were often made of stone or metal and were used for throwing exercises and strength training.

In the 18th century, kettlebells began to emerge as a popular training tool in Russia, particularly among the military and strongmen. They were originally used by Russian farmers as counterweights for measuring grains.

Kettlebell training remained relatively confined to Russia and Eastern Europe for much of the 20th century. However, in the late 20th and early 21st centuries, kettlebell training started to gain traction in the West, thanks in part to the efforts of pioneers like Pavel Tsatsouline, a former Soviet Special Forces physical training instructor who introduced kettlebell training to the United States.



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KETTLEBELL BLAST

POWERED BY:



Are you ready to elevate your fitness routine and unleash your strength? Look no further! Kettlebell Blast is a free pop-up class to help you sculpt your body, build functional strength, and discover the power of kettlebell training!

MAY 31ST @ 12:15PM

Register with this QR code!





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.

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.

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.

TUESDAY**12:15PM CYCLECORE**

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

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.

GROUP FITNESS SCHEDULE