



FitnessSocial
**Corporate Wellness Program
For CUSD Employees & Family**

BENEFITS

- Early Morning, Lunch, & Evening Classes
- Showers Available
- Low Impact Cardio & Strength Training
- Yoga for the Mind, Body & Soul
- Safe, Motivating Environment
- Clean, Small Boutique Studio

**10% DISCOUNT ON REGULAR
GROUP CLASS PACKAGES**

**CALL US AT 324-8500 FOR CORPORATE
DISCOUNT. OFFER IS OPEN ENDED**

CVLUX
CALIFORNIA · VIBE
TOP 10 AWARD
FitnessSocial
2015 BEST FITNESS CENTER

**OVER 200 CLASSES
OFFERED MONTHLY!**

- **KETTLEBELLS**
- **BATTLING ROPES**
- **TRX**
- **VINYASA YOGA**
- **TABATA**
- **RESTORE YOGA**
- **HIIT**
- **CORE CONDITIONING**
- **BARRE**
- **CIRCUIT TRAINING**
- **BALLET**
- **WEIGHTLOSS PLANS**
- **PRIVATE GROUP TRAINING**
- **PERSONAL TRAINING**



FitnessSocial Studio

7060 N. Recreation Ave. #108 (Chestnut & Herndon)

559.324.8500 www.FitnessSocial.com