

24 Hour Fitness Corporate Wellness

December 2018

Om for the Holidays

Monday, December 10-Sunday, December 16

Share some peace and harmony with the people you love. Invite friends and family to our mind-body classes and breathe in the joy of moving together.

Classes vary by club | Check 24HourFitness.com/GX24 for times and locations.



SIX MINDFUL
WAYS TO
CURB
HABITUAL
AND
EMOTIONAL
OVEREATING
DURING THE
HOLIDAYS

NOURISHMENT

FEED YOUR HEALTH, FEED YOUR LIFE.

24 Hour Fitness is Opening New Gyms

We have over 400 gym locations nationwide, and the list is constantly growing. Explore our newest gyms, along with soon-to-open locations, for the latest and greatest 24 Hour Fitness experience.



Get A Free Pass



For more details or questions please contact your Account Manager:

Julie Conway | jconway@24hourfit.com | (760) 918-4749