



CORPORATE WELLNESS

FITNESS STARTS HERE

Montgomery College

We have what you need to live your best life!

FITNESS & TRAINING

- Cutting Edge Cardio Equipment
- Strength & Functional Training Equipment
- Turf Training Areas
- Certified Personal Trainers
- Explosive Performance Athlete Training
- Swimming Pools, Lessons & Classes
- Basketball/Tennis/Squash/Racquetball

UNLIMITED BOUTIQUE CLASSES

- Over 100+ Dynamic Classes Weekly
- Zumba®, BodyPump™, APEX-HIIT & All Your favorites
- Yoga, Pilates & Barre Studio
- Cycle Studio
- Strike Boxing Studio

AMAZING AMENITIES

- Complimentary **SmartStart** Personal Training Sessions
- Kid's Club & Programs
- Relax & Recover Studio with Hydromassage
- Spa Style Locker Rooms with Sauna



FREE VIP PASS FOR YOU & A FRIEND

REDEEM BY: 12/31/24

*MUST BE 18 YEARS OR OLDER AND LOCAL RESIDENT. LIMIT ONE.

Join NOW through 12/31/24 with \$0 joining fee! Call or stop by the location closest to you & ask about your Montgomery College discount! *Please bring proof of employment. Contact Johnathan.Krasnansky@onelifefitness.com to get started!



onelife[®] FITNESS

29 CONVENIENT LOCATIONS
MULTI-CLUB ACCESS AVAILABLE

