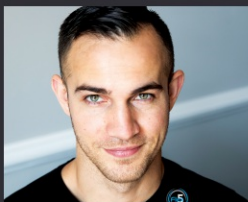




Redefining Corporate Wellness

A sneak peek into things we can do for you to improve
the bottom line & build employee loyalty.

We are a tight-knit team with a mission of **EMPOWERING** individuals to **#BETHECHANGE**



PETRO MARTYNYUK

Founder, ACSM CPT
Certified Personal
Trainer & Health Coach



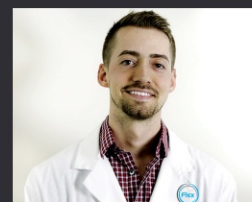
VICTORIA MARTINEZ

NASM CPT, CYT 200
Personal Trainer, Yoga
Instructor, Ayurveda



PORSCHEA KIRBY

Certified Spin Instructor



DR. ZACHARY HURT

Naturopathic Medicine
Doctor,
Acupuncturist



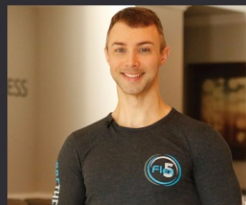
DARLA LILLEBERG

Founder, ACSM CPT
Certified Personal
Trainer & Health Coach



MACKENZIE GAINES

NASM CPT
Certified Personal Trainer



JACK KIRVEN

NASM, ISSA Certified
Personal Trainer



ALISSA CARTER

NASM CPT, BCTMB, CYT 200
Massage Therapist, Yoga
Instructor

WWW.FLEX5CLT.COM/CORPORATE-WELLNESS-PROGRAMS

We believe in a **HOLISTIC**, all-inclusive approach to a healthy lifestyle

We Embrace Variety

Offering a variety of 1 on 1 fitness and wellness services under one TLC Pass. Providing clients with a truly unique program that fits lifestyle, passion & goals.



We Set The Mood

Spacious. Private.
Everything You need
to get ready.

We Provide Easy Access

Easily accessible,
within walking
distance to Epicenter,
all major hotels and
restaurants.



We help our clients build their own customized program with our TLC Pass.

Our Individual Programs include:

- Personal Training
- Nutrition
- Health Coaching
- Yoga & Pilates
- Aromatherapy
- Meditation
- Acupuncture
- Naturopathic Medicine
- Rolfing Therapy
- Massage Therapy
- Reiki Healing
- Ayurveda & Spiritual Healing





We keep our class size small to create an intimate, results-driven environment.

Our classes cater to all fitness levels & goals:

- Yoga & Meditation
- Pilates
- Deep Stretch
- High Intensity Interval Training
- Athletic Conditioning
- Cardio Dance
- Indoor Cycling by JustCycle
- Aromatherapy
- Educational Workshops



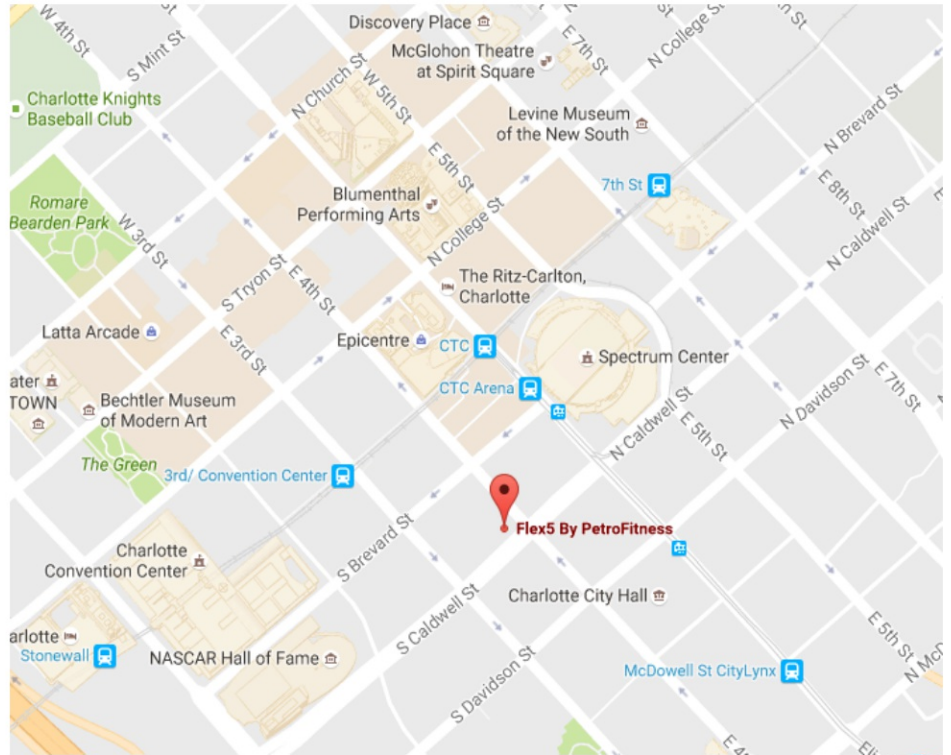
We Are Located Uptown Charlotte



Charlotte National Building

428 E 4th St
Ste 333

We also provide
onsite workshops
and services



Hourly parking available at City Government Parking Deck
across the street.



Please schedule a complimentary consult for corporate pricing details and program customization



Contact Us

(P) 980-819-1329
(E) info@flex5clt.com

www.flex5clt.com

Benefits for Company

- ✓ Lower insurance premiums
- ✓ Reduced absenteeism and sick leave
- ✓ Higher employee retention rate
- ✓ Higher employee loyalty and job satisfaction
- ✓ Stronger & more collaborative team environment
- ✓ Attendance reporting
- ✓ Tax deductions

Advantages to Employees


- ✓ One-stop shop for fitness & wellness needs
- ✓ Holistic approach addressing all areas of lifestyle
- ✓ A team of dedicated, globally certified instructors
- ✓ Great variety of individual & group programs
- ✓ Spacious, state-of-the-art facilities
- ✓ Progress tracking and accountability
- ✓ Peer support and sense of belonging
- ✓ Greater self-esteem and sense of empowerment
- ✓ Lower insurance premiums
- ✓ No membership fees or binding contracts



We Give Back to Community

- Weekly complimentary classes for kids from low income communities
- Scholarship opportunities to NC students
- Donation based classes to benefit local charities
- Joint charity events with other local yoga studios





**"IT IS IN YOUR
MOMENTS OF
DECISION THAT
YOUR DESTINY
IS SHAPED."**



CONTACT US FOR A COMPLIMENTARY CONSULTATION

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