

WOW



FITNESS TRAINERS

GYM MANAGEMENT PARTNERSHIP

786.285.3815
wowfit2u.com



WOW Fitness Trainers has been a positive part of the Miami fitness community since 1999. Through partnerships with condominium gym operators, including Midblock Miami and Opera Tower, we have ensured a safe, clean and fun environment for residents and patrons. Through our various group fitness classes and personal training session we help reshape the condominium gym from an amenity to an asset in the lives of residents, owners and visitors.

Our management services include:

- Staffing key personnel such as management, operations personnel and fitness professionals (fitness class instructors, nutritional counsellors and personal trainers as needed).
- Development of safety procedures
- Day to day maintenance (organization of equipment, notification of damaged equipment, replenishing of expendables *water, cups, wipes etc.)



How we fit in:

Contemporary condominium gyms are now housing equipment and facilities that rival most fitness clubs.

WOW Fitness Trainers brings popular group classes including boot-camp, yoga and kick-boxing to your gym. These fun, high energy classes are designed for all fitness levels. We also offer personalized one on one training sessions. One of our seasoned trainers works with clients to help them reach their goals with a personal training regiment and nutrition consultation. Our gym management program also includes weekly or daily upkeep of the facility. This ensures equipment is properly stored, cleaned and *maintained.

In addition we offer membership options. Through a mutual beneficial partnership **WOW Fitness Trainers** will transform your gym into a revenue generating business while retaining a comfortable environment for residence.



*WOW Fitness Trainers reports equipment damages to maintenance personnel. We do not provide repair services.



About us:

Wow Fitness Trainers is owned and operated by husband and wife fitness duo John and Vivian Rice. With over 40 years of combined experience their knowledge and expertise have built long lasting relationships with clients, colleges and facilities throughout South Florida.

John Rice

Personal Trainer and Boot-camp Instructor

It's been my life's passion for almost 20 years to bring a positive change to peoples life styles both physically and mentally. I believe that working out should be fun and not a chore to do. I don't think, I KNOW I can help you whether you want to lose weight, gain weight, tone & firm, train for body building competition, or just have more energy and less fatigue in your life. I have tested and proven techniques that work and WILL work for you, this is my personal promise.

Vivian Rice

Personal Trainer, Circuit training Instructor and life coach

Since I was a child , physical activities were a constant part of my life, so it was no Surprise that I would choose Fitness and Nutrition as my career. I truly believe that with Exercise and a balanced diet anyone can have a Healthy, Energized, Positive and Happy life. Excuses are Gone... If you are ready to Get Strong,Get Healthy and Feel Great, don't go looking any further "I am Your Trainer". I have over 20 years of experience, training people of all ages and fitness levels. My training Style is extremely Effective always Challenging and a lot of Fun. My personal promise is that I will be with you every step of the way to help you achieve your Fitness Goals.

Personal Training & Fitness Classes

Personal Training (1 on 1)

Our personal trainers each have decades of experience in body building, fat loss, toning, gaining muscle, and expert advice in overall health and well being. Tell us what your goals are and we will help you achieve them. To build muscle you will go through all exercises and lifts needed to lose fat we will offer you weighted aerobics, fun circuit training, and boxing, as well as other effective routines.

Boot Camp (Group)

Everyone's favourite and our specialty! In this class we run, we jump, we leap, do push-ups, dips, and a wide variety of other exercises! This class is intense, but accessible with all fitness levels welcome and countless opportunities to push yourself further. Starting at Margaret Pace Park on February 1st, but other classes are available if you call. Affordable payment options are available.

Circuit Training (Group)

Strength and Aerobics elegantly joined. Get a full body workout and burn fat all at once. Dips, Planks, Boxing, Kettle-balls and Cycling intersperse to give you a different workout every time. Sets last around 15-20 minutes and are repeated until everyone is pumped and sweaty.

Yoga (Group)

Mind, body and spirit work together to improve flexibility, balance and harmony.

Kick-boxing (Group)

Kick and punch your way to better health in our high energy, action packed cardio workout.

Gym Management Options

Option 1

- Exclusive Trainers
- Weekly Up keep (machine inspections, cleanliness)
- Bring in classes (based on demand)
- Personal Training (based on demand)
- In Gym and elevator advertising)

Option 2

- Exclusive Trainers
- Daily up keep (machine inspections, cleanliness)
- Bring in classes (based on demand)
- Personal Training (based on demand)
- In Gym and elevator advertising)

Plus

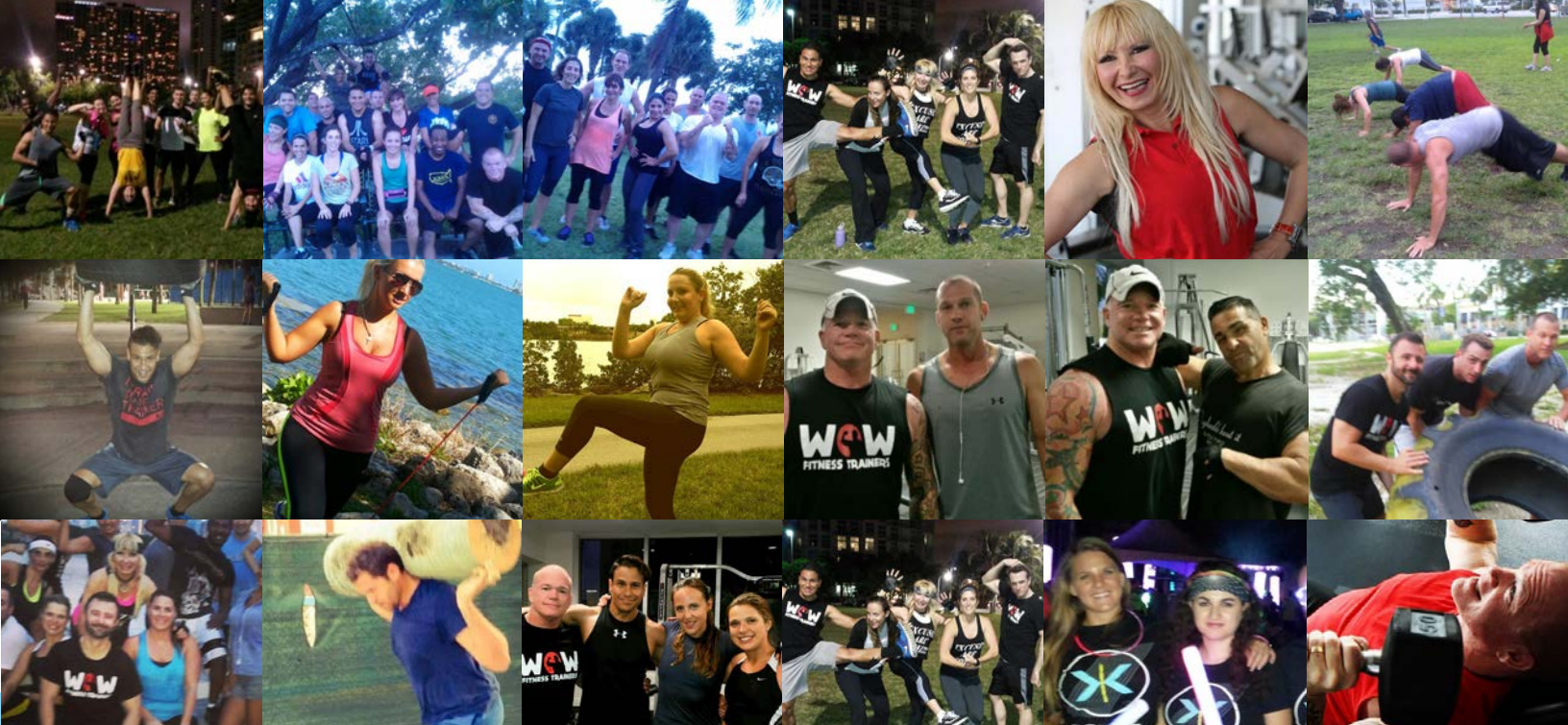
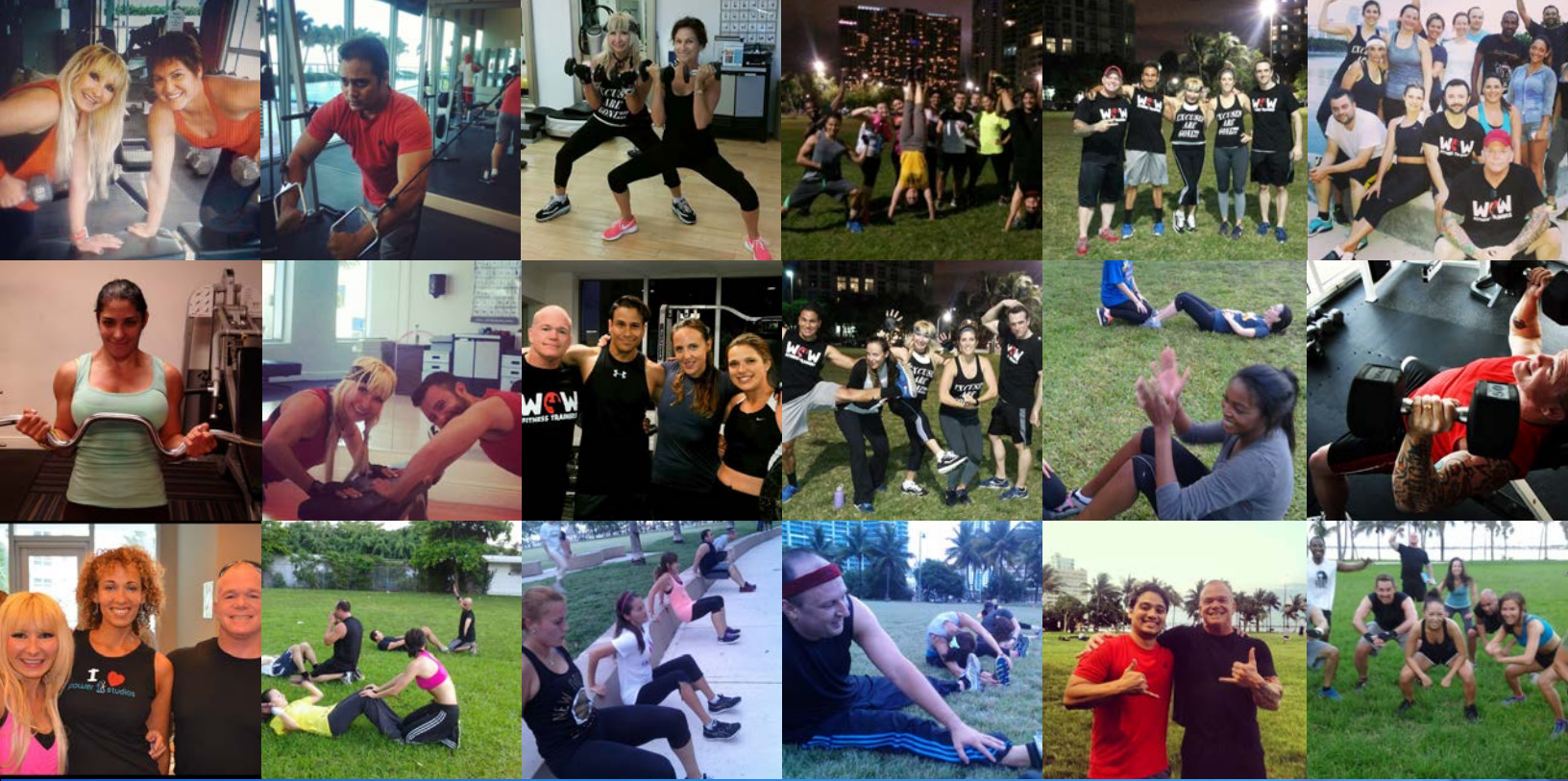
Trainer on staff 8 hours a day 5 days a week. (Staff member monitors Gym safety as well as personal trainer training for an additional fee)

Option 3 (Membership Option)

- Exclusive Trainers
- Daily up keep (machine inspections, cleanliness)
- Bring in classes (based on demand)
- Personal Training (based on demand)
- In Gym and elevator advertising)

Plus

Trainer on staff day and night 7 days a week. (Staff member monitors Gym safety as well as personal trainer training for an additional fee)





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