

PHOENIX FITNESS CENTER

Monthly Newsletter



August 2020



Celebrate and Win!

- + Join the Fitness Center and H360 in celebrating our 1-year anniversary!
- + Participate in daily trivia on our **Home channel** the **week of August 17th** for a chance to win BIG.
- + **17 prizes** will be given out, including a massage gun, air fryer, Bluetooth ear buds, Yoga mat, aroma therapy diffuser/essential oil set and more!



In-Sync Rewards

- + Health 360 and the Fitness Center are excited to bring you a wellness program that rewards you for being healthy!
- + Complete activities in three wellness areas: nutrition, physical activity and stress/relaxation to earn rewards.
- + **Prizes** include at-home exercise equipment, electronics accessories, and more.
- + More information coming soon!



New Nutrition Channel

- + We have a new **Microsoft Teams channel** and it's all about nutrition!
- + We will be rolling out a video series in August highlighting basic nutrition principles and tips to support you on your journey.
- + Subscribe to our **channel** so you don't miss a video!
- + **Spoiler:** One of the videos features Emily in a banana suit!



Virtual Personal Training

- + Are you looking for that extra motivation while working from home? We are now offering virtual personal training through WebEx!
- + No equipment? No problem! We offer customized workouts tailored to your equipment, space and fitness level.
- + In honor of our anniversary, we are offering **1 FREE trial session**, as well as discounted packages through the end of the month.
- + **Email us** to schedule your FREE trial session today!



August Virtual Classes

- + We are transitioning our classes to Zoom!
- + Visit our **Group Exercise channel** for the Phoenix August class schedule. New class invites with the Zoom links will be sent out next week.
- + Unable to attend a session live? Our **channel** houses all previous class recordings for you to complete on your own time.

Email PhoenixFitnessCenter@syf.com for more information!

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