



To Whom It May Concern:

WOW Fitness educates and provides physical fitness activities that not only change a life but can change a generation. Specializing in exciting and innovative fitness classes that invigorates the heart, tones muscles and essentially just gets your body moving!

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity..

UNDERSTANDING THE NEED

Companies want their employees healthy and physically active. We want to partner with you and offer a comprehensive health and fitness package. At WOW Fitness, we provide the following all-inclusive premium package:

- Club membership
- Open Personal Training + Group Fitness Sessions
- Refreshing Protein Smoothies
- Meal Prep provided by Bridget's Cooking Club
- Fitness Consultation – Before pictures, measurements, etc.
- Nutritional counseling
- Facilities for kids
- Accountability Challenges to maintain lasting results

We appreciate the opportunity to work with you. If you have any questions or concerns regarding these services, please do not hesitate to contact me.

Let us help you enhance your employee's moral & health.

Sincerely,

Kameelah W. Harris
Executive Director

WOW FITNESS PACKAGE OPTIONS



You have options!

Option 1 – Gym memberships available to your employees. Show up at WOW Fitness for the ultimate fitness experience – unlimited workouts, fitness assessments, lifestyle coaching and more!

Option 2 – WOW Fitness comes to your facility. Conduct full body workout sessions 1 day per week. Plus manage monthly fitness challenges with incentives to keep employees engaged.

Contract annual services receive 15% discount.

WOW Fitness	Monthly Rate	Annual Rate (15% savings)
OPTION 1 Unlimited Workouts 6 days/week Fitness Assessments Monthly Challenges	\$4,950	\$50,490
OPTION 2 On-Site Sessions - 1 day/week Fitness Assessments Monthly Challenges	\$4,000	\$40,800

** Rates based on 150 employees. Quantity can be adjusted

**YOU HAVE FITNESS GOALS.
LET'S CRUSH THEM!**



Employee benefit – 40% savings off membership packages at WOW Fitness!

WOW Fitness	Regular Rate	40% Discount
Basic Membership #GetYoLife Train 6 days a week - Yoga, Zumba, Hip Hop Fitness & more!	\$55	\$33
Premium Membership #BoutThatLife Open Personal Training plus Unlimited fitness sessions, Monthly Challenges & Lifestyle Coaching	\$125	\$75

Questions: Contact Kameelah Harris, kameelah@wow-fitness.com

WOW Fact Sheet

WOW Program Location

5523 Mabelvale Pike, Little Rock, Arkansas



Mission

To inspire, educate and provide lifestyle coaching that will not only change a life but can change a generation. Develop programs that collaborate with both public and private sectors to emphasize the importance of regular physical fitness for the community, ultimately creating mutual beneficial relationships & partnerships in the community.

Purpose

There is a lack of knowledge, money and self-motivation in low and moderate income communities when it comes to health and physical fitness. Seeking innovative partnerships with government, corporations and non-profits to expand and enhance WOW Programs and services in the community.

Emergency Situation

- Obesity is among the easiest medical conditions to recognize but most difficult to treat.
- Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year (second only to tobacco-related deaths).
- The annual cost to society for obesity is estimated at nearly \$100 billion.
- America is home to the most obese people in the world
- Obesity in adults has increased by 60% within the past twenty years and obesity in children has tripled in the past thirty years.
- Obese children and adolescents are more likely to become obese as adults.

WOW Programs

Personal Training, Meal Prep, Yoga, Boot Camps, Zumba, Zumba Toning, Mixxedfit, Krunkfit, Hip Hop Step, Cardio Jam/Hip Hop, Youth Programs, Church Groups, Personal Training, Child Obesity Clinics, Walk/Run Clinics, Silver Sneakers, Circuit Training & Lifestyle Coaching