

GET FIT



ATTENTION VILLAGE EMPLOYEES

The Village of Palmetto Bay is getting ready to Kick-Off its Get Fit Program to all its residents and employees in 2016 and we're excited to bring you some special offers to get you started with your wellness & fitness journey before the OFFICIAL Employee Wellness Challenge begins on January 11th , 2016



Let's GET STARTED-YOUR WARM-UP OFFER

CrossFit Demand is offering a FREE 40 minute lunch hour trial class on the following date/times:

Date: Monday, November 30th

Times: 11:30am – 12:10pm

12:20pm – 1:00pm

1:10pm – 1:50pm



LOCATED ACROSS THE STREET FROM VILLAGE HALL

17640 S.W. 97th Avenue

Palmetto Bay 33157

(786) 222-8797

crossfitdemand@gmail.com

www.crossfitdemand.com

**Reserve your space on the list located in the
Parks & Recreation Dept.**



YOUR PRE- CHALLENGE

(Lunch Time Power Hour)

Days: Mondays, Tuesdays, & Wednesdays

ONLY

Price: \$50.00 for December ONLY

- Starts December 1st
- Closed on December 23rd & 30th

Times: 12:00pm-12:40pm &
1:00pm-1:40pm

*Must have at least 10 employees committed for the month in order for the class to start.

**Call Adam at (786) 222-8797
before November 30th to enroll.**

YOUR MAINTENANCE OFFER

**SPECIAL RATE FOR VILLAGE OF
PALMETTO BAY EMPLOYEES**

**GET FIT
DON'T
QUIT**

CrossFit Demand Classes

\$110/Month with Unlimited Visits

(Regular Rate is \$135.00/month)

or

Three Times a Week for **\$90.00**

Police & Fire Discount

\$100.00/month