

24 Hour Fitness Corporate Wellness

February 2019

Pump Day Parties

Hump day, Pump Day! Bring friends for free to LES MILLS BODYPUMP® or strength classes and raise the bar on your total-body fitness. Studies show the barbell classes' like BODYPUMP can not only torch hundreds of calories, but can improve bone density, oxidize fat and build lean muscle for a super-fit you.

Wednesday: 6th, 13th, 20th & 27th

Find classes near you on: [24GO®](#) app or [24HourFitness.com/GX24](#)



Our monthly digital magazine and daily blog are packed with ideas to help you think, eat, move and recover better, so you can live your best life now.



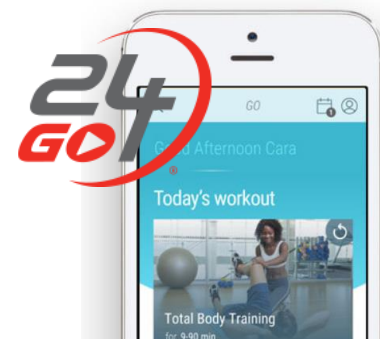
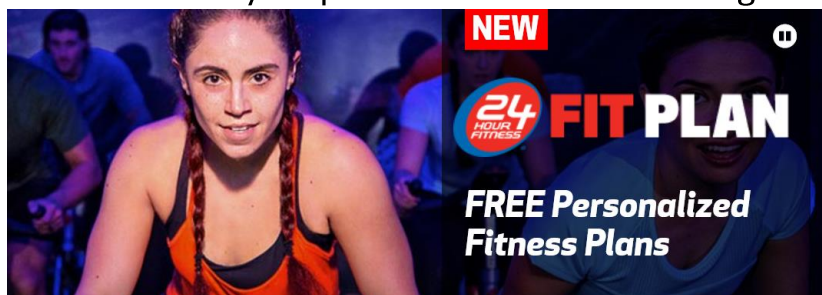
FEEL BETTER MENTAL HACKS SUCCESS STORIES

Turning Back the Clock With Fitness
Guru Jillian Michaels

By Linda Childers

Your Results. Your Way.

Uncover endless ways to pursue results with a week of guidance!



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For more details or questions please contact your Account Manager:

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