

# O<sub>2</sub>FITNESS



UNLIMITED GROUP  
FITNESS CLASSES



UNLIMITED  
MIND~BODY CLASSES



FUNCTIONAL TRAINING TURF



STATE OF THE ART EQUIPMENT



OVER 5,000LBS IN FREE WEIGHTS  
& WEIGHT-LOADED MACHINES



KIDS CLUB



2 COMPLIMENTARY SESSIONS  
WITH A PERSONAL TRAINER



FULL SERVICE  
LOCKER ROOMS



HIGH SPEED WIFI



ACCESS TO PHYSIOTHERAPY  
WITH RENEW WELLNESS



IN-HOUSE NUTRITION  
WITH LOOP

**Free VIP Pass**  
*Claim Yours Today!*





# Your Wellness Journey Starts Here!



## renew WELLNESS

- + 1:1 Sessions with a Doctor of Physical Therapy
- + Lingering Aches & Pains
- + Mobility Issues
- + Muscle Imbalances

**Modalities may include:**  
Assisted stretching, Cupping, Dry needling, IASTM



**ALL INSURANCES ACCEPTED!**

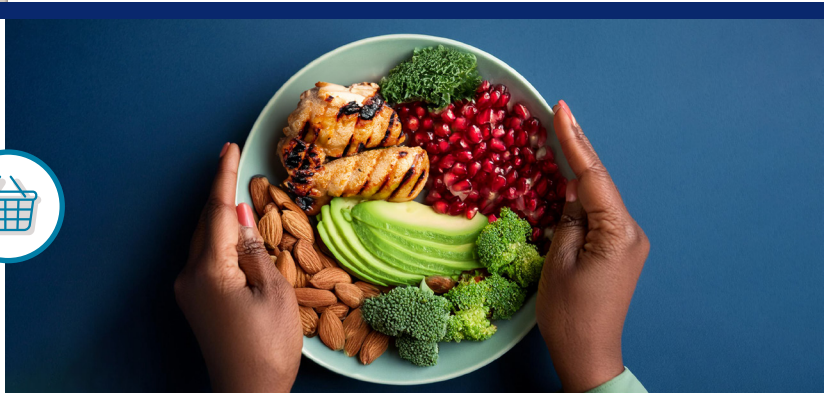
93% of Loop Clients pay \$0 out-of-pocket!

## loop NUTRITION

- + 1:1 Sessions with a Registered Dietitian
- + Customized Meal Planning
- + Sustainable Changes
- + Nutrition to Reach Your Goals
- + No Diets, Cleanses, or Fads



**MOST INSURANCES ACCEPTED!**



## PRSNL

- + 1:1 Sessions with an Expert Coach
- + Personalized Program Design
- + 3 Phase Workout—Activate, Perform, Adapt
- + Fitness Solutions to Achieve Results



### TRIAD CLUBS

#### Greensboro

FRIENDLY CENTER  
708 Pembroke Road

#### High Point

PALLADIUM CENTER  
4113 Brian Jordan Place

#### Burlington

NEW MARKET SQUARE  
2743 South Church Street

#### Winston-Salem

THRUWAY CENTER  
400 S. Stratford Road

### TRIANGLE CLUBS

#### Raleigh

SEABOARD STATION  
802 Smart Drive

FALLS OF NEUSE  
6150 Falls of Neuse Road

#### BRIER CREEK

7801 Alexander Promenade Place

NOW OPEN!

#### Wake Forest

11136 Ligon Mill Road

#### Holly Springs

256 Grand Hill Place

#### Morrisville

9529 Chapel Hill Road

#### Carrboro

503 West Main Street

#### Durham

3806 University Drive

NEW LOCATION COMING!

#### North Chatham

BRIAR CHAPEL  
81 Market Chapel Road

### COASTAL CLUBS

#### Charleston

WEST ASHLEY  
1119 Wappoo Road

JAMES ISLAND  
848 Folly Drive

#### Wilmington

INDEPENDENCE BOULEVARD  
1315 Independence Boulevard

RACINE DRIVE  
200 Racine Drive

NEW LOCATION COMING!  
LELAND  
4139 Holden Loop

For a Map of All O2 Locations, Go To:  
[o2fitnessclubs.com/LOCATIONS](https://o2fitnessclubs.com/LOCATIONS)

Signature Clubs