



- STATE OF THE ART EQUIPMENT
- 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 21-DAY VIP PASS

CLAIM YOURS TODAY

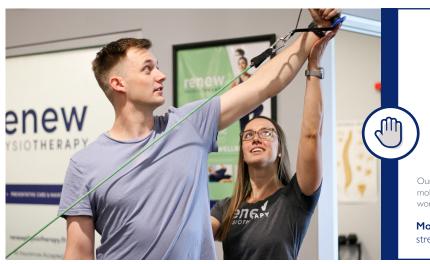








## YOUR WELLNESS JOURNEY STARTS HERE!



## renew WELLNESS

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

Our Physiotherapists can help you remove pain, increase mobility, and improve balance to get more out of your workouts. Think performance care: prehab vs. rehab.

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





# loop

## **NUTRITION**

MOST INSURANCES ACCEPTED!

- + Expert Nutrition Guidance
- + Customized Meal Planning
- + Sustainable Changes
- + Nutrition to Reach Your Goals
- + 1:1 Sessions with a Registered Dietitian

Our Registered Dietitians are nutrition pros, ready to help you navigate everything nutrition-related. They'll craft a personalized plan that aligns with your fitness goals, supporting your overall efforts for success.

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



TRIAD CLUBS

### ★ GREENSBORO

FRIENDLY CENTER 708 Pembroke Road

### ★ HIGH POINT

PALLADIUM CENTER 4113 Brian Jordan Place

#### **BURLINGTON**

**NEW MARKET SQUARE** 2743 South Church St.

NOW OPEN!

**★** WINSTON-SALEM

THRUWAY CENTER 400 S. Stratford Road

#### TRIANGLE CLUBS -

#### **RALEIGH**

**SEABOARD STATION** 802 Semart Drive

**FALLS OF NEUSE** 6150 Falls of Neuse Road

BRIER CREEK
7801 Alexander Promenade Place

NEW LOCATION COMING!

★ WAKE FOREST

GROVE 98 11136 Ligon Mill Road

HOLLY SPRINGS

HIGHWAY 55 256 Grand Hill Place

#### ★ MORRISVILLE

PARK PLACE 9529 Chapel Hill Road

#### **CARRBORO**

MAIN STREET 503 West Main Street

#### CHAPEL HILL

NORTH CHATHAM 11 Cole Place

★ DURHAM

UNIVERSITY DRIVE 3806 University Drive

#### COASTAL CLUBS

#### CHARLESTON

WEST ASHLEY
1119 Wappoo Road

JAMES ISLAND 848 Folly Drive

#### WILMINGTON

★ INDEPENDENCE BOULEVARD

**RACINE DRIVE** 200 Racine Drive