

# O<sub>2</sub>FITNESS



UNLIMITED GROUP  
FITNESS CLASSES



UNLIMITED  
MIND~BODY CLASSES



UNLIMITED CYCLING CLASSES



FUNCTIONAL TRAINING TURF



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!



MORE THAN A GYM.

# YOUR WELLNESS JOURNEY STARTS HERE!



## renew WELLNESS

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

**ALL INSURANCES ACCEPTED!**



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  
1315 Independence Boulevard

RACINE DRIVE  
200 Racine Drive

FOR A MAP OF ALL O2 LOCATIONS, GO TO:  
[o2fitnessclubs.com/LOCATIONS](https://o2fitnessclubs.com/LOCATIONS)

★ PREMIER CLUBS