



F L Y F E E T
R U N N I N G

**LUNCH &
LEARN**

FREE LUNCH + LEARN: 10 TIPS TO MAKE 2017 YOUR BEST YEAR YET.

Let us come to your office for an hour and give your employees our 10 Best Tips to crush their goals. Whether it's to lose that extra 5 lbs., PR the next race, or just live a healthier life. You provide the lunch (or brown-bag it) and we'll provide the prizes! Intrigued? Just ask these guys how much fun we are:



FREE WEEK OF CLASSES

After everyone's learned about the science behind our workouts, they will get a free week pass to check us out!



PRIVATE CLASS \$400

- Host a private fitness class at our studio for up to 40 people. Open to all fitness levels, this class puts first-timers and fitness diehards side by side to make progress at their own level, together.
- You get the studio and space for one hour after class for team building, social hour, happy hour, or to just chill. Snacks and drinks are welcome, (we can help plan and execute) but not included in the price.
- All of the amenities apply – full service locker rooms, towels, discounted parking, amazing coaches, the works – we gotchu!

PRESENTERS



AARON LEVENTHAL

former MN
United soccer
player & exercise
science/nutrition
extraordinaire,
dad of 4.



KRISTIN SHANE

former VP of Beauty
at Target, turned
entrepreneur, avid
runner, mom of 3.



JASON DEHLER

Silicon Valley Business
& Innovation, lifelong
athlete, future dad
of one.



HEIDI HENRICKSON

Former Team USA
Boxer, just married.