



**Power For Life Fitness**  
Fit Fun and Fantastic

# Power For Life Fitness

## FACT SHEET

At Power For Life Fitness, we guide leasing professionals in developing & designing community engagement programs centered around fitness and wellness.

### We Provide

- Qualified Vendor in Compliance Depot and RMIS
- Comprehensive Fitness and Wellness Programs
- Flexible Class Schedule for Residential Needs
- Residential Engagement Programs and Community Health Events
- Lease up Fitness Programs to Bring Awareness to Your Community
- Stabilized Community Fitness Programs Focused on Retention

### What To Expect

Our process is designed to make offering a fitness program to your residents as easy and as streamlined as possible. So, once you have decided to move forward with a program, we will begin with:

- Resident Survey and Site Evaluation
  - This is to determine what classes your property can offer from a space standpoint.
  - Determine what classes will be most successful based on space and residents needs.
- Determine class schedule and instructor availability
- Set a meeting to discuss all of the procedures, set expectations, and to determine marketing strategy
- Provide marketing materials to ensure successful awareness of your program for perspective and current tenants. Some examples of marketing materials we provide:
  - **Flyers**
  - **Banners**
  - **Social Posts**
  - **Move-in packages**

### Does Your Property Have a Suitable Space?

Before we begin, we will perform a site evaluation to determine what spaces and classes will work best for your community. Having a dedicated space is ideal, however we can also use community rooms with open space, vacant apartments, rooftops and open court yards

### Packages Offered

Most popular package: Weekly classes  
We also offer event based fitness classes however single classes are priced differently then a consistent weekly class.

**NOTE:** You can offer a different format in classes monthly, not weekly.

### Classes Offered

We provide mainstream classes such as Spin, Zumba, Yoga, and Bootcamp. To ensure we offer the classes your residents want, we send a survey before recommending and providing class offerings.

### Compliance

We are familiar and compliant with all insurance requirements are ready and able to meet your property's needs. Our fitness professionals are also nationally certified, insured and have been nationally background checked.

**Get Started By:**

**Contact us** to let us know you're ready to begin! We will setup a call to discuss your property specifics, perform a site evaluation, and provide a survey to your residents to determine what class offerings would be best. **Click here to schedule a call and begin the process.**