

# CLUB STUDIO®

A cutting-edge fitness experience that brings top-of-the-line amenities, best in boutique studio classes, and wellness services together in one gym.



# WELCOME TO THE CLUB.

We developed Club Studio as the new standard for a multi-concept gym facility. We focused on creating a dynamic, modern fitness experience that redefines what a health club can be.



WHERE YOU CAN DO IT ALL WITHOUT HAVING TO GO EVERYWHERE TO DO IT.



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## THE CLUB: REDEFINED.

- Club Studio amenities typically include state-of-the-art equipment, functional training area, five to seven exercise rooms featuring industry-leading finishes and equipment for our top-tier classes, plus a social area
- 25,000 to 100,000 sq. ft., ideally 30,000 to 40,000 sq. ft.
- Design flexibility considered for unusual or multi-level configurations
- Targeting retail sites in existing markets as well as office space in core urban markets with strong traffic / access / visibility / parking
- Regional, community, neighborhood centers, and office projects will be considered

## THE CLUB TOUR.

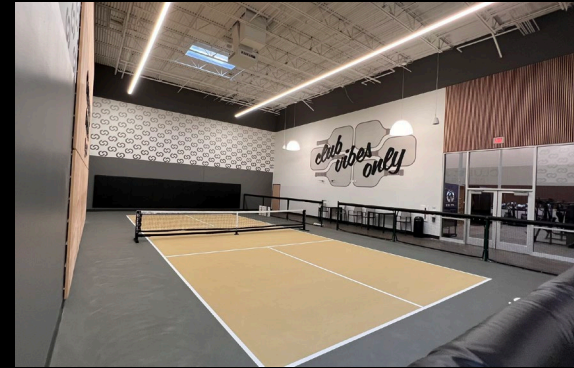
cardio deck      personal training      club concierge  
circuit equipment      recovery lab      lounge area  
weight room      saunas      retail area  
functional area      locker rooms      wellness café  
studio row: box / ride / cs4® / hot yoga / reform / rebound



## THE OPTIONS.

Certain club design configurations may include sports club amenities such as pickleball courts, and may accommodate ancillary services including Kalologie® Medspa, Beaming superfood café, and HWPO Training.

Courts and licensed ancillary services not available at all Club Studio locations.



## THE EXPERIENCE.

THIS IS WHERE PREMIUM GYM  
& BOUTIQUE FITNESS COLLIDE.

Fitness is becoming increasingly personal, from tech-enabled home-based fitness products, tailored diet and workout plans, to the neverending stream of new and unique class types. Part of this is the desire to achieve results, but part of it is the search for connection and community. People like working out with others who share the same aspirations, and to service this, our new club concept inherently appeals to a member that desires an authentic and personal fitness experience.

We have created a space that possesses exquisite amenities, the best and most inspiring teachers, and engaging lifestyle experiences.





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## STUDIO ROW.

The heart of Club Studio are the classes.

Efficient programming, led by skilled coaches, and a community like no other. Challenge yourself with studio workouts that include boxing, cycling, bootcamp-style strength training, reformer pilates, hot yoga, and trampoline. Experience what fitness is supposed to feel like when taught by the best.

WHERE EVERY CLASS  
IS FIRST CLASS.

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# BOX

WHERE GRIT COMES TO GRIND.

Glove up and experience 9 rounds of signature boxing combinations, athletic drills, and a full-body burn. Find your inner fighter.



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# RIDE

WHERE PUSH COMES TO RIDE.

Lighting goes down as the beats drop and we get to work in a full-body rhythm ride incorporating a weight sequence.

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# CS4®

RUN. ROW. REPS.

Train smarter in CS4®, our premier cardio and strength studio, featuring top-of-the-line functional training equipment.



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## HOT YOGA

WORKOUTS JUST GOT HOTTER.

Sweat, flow, and restore to the beat of the music in our state-of-the-art radiant heat studio.



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# REFORM

FLEXIBILITY MEETS AWARENESS.

Reset the mind, recharge the soul, and realign the body in our high intensity Reformer Pilates group classes and semi-private sessions led by certified instructors on custom reformers.



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# REBOUND

WHERE YOU CAN BOUNCE IT OUT.

This low impact, high energy trampoline class will have you bouncing to the beat as you lift and tone.

## RECOVERY LAB

WHERE YOUR MUSCLES GO TO RECHARGE.

The harder you train, the harder you should recover. Begin the repair process in a cryotherapy chamber, and experience the benefits in as little as 3 minutes. Enhance your aftercare with full use of massage guns, rollers, and stretch mats. Enjoy compression therapy, designed to adapt powerful vibration and pressure to the body's unique physiology.



WHEN THE GAME IS OVER AND THE WORKOUT IS DONE, OUR JOB ISN'T FINISHED.



### WHOLE BODY CRYOTHERAPY

A brief 2 to 3 1/2 minutes of dry, fresh, oxygenated cold air therapy in the whole body chamber designed to help reduce pain, inflammation and stress, while rejuvenating your body, skin and mind.

### RED LIGHT THERAPY

Medical-grade LEDs deliver concentrated wavelengths of natural light to your skin, producing a biochemical effect that strengthens cells and increases their ability to create more energy to repair themselves.



## LOCKER ROOMS.

Our members are treated to upscale locker rooms complete with high quality toiletries, keyless lockers, showers, hair dryers, and towel service.

### SAUNAS

Relax and recover in the heat of our dry saunas. Detoxify, increase circulation, relieve pain, and increase flexibility.

### COMPLIMENTARY WATER

Enjoy great tasting, ultra-clean filtered water that is properly remineralized, including optimal electrolytes and high levels of magnesium.



# CLUB STUDIO®



Irvine, CA



Long Beach, CA



Kingwood, TX



Tysons Corner, VA

# FITNESS IN A CLASS OF ITS OWN.®

The Club Studio concept is a fresh new take on fitness design that cleverly redefines the genre. When considering Club Studio locations, converting an existing health club saves 20% - 30% in construction costs compared to a new build. Club construction cost and timing will be determined by the size and condition of the facility.

Club Studio members will thrive in this thoughtfully designed environment. Different uses of materials individualize and distinguish the various workout zones, and do double duty as wayfinding markers. Unique architectural details, uncompromised finishes, and a balanced combination of color create a visual narrative that inspires members to reach for, achieve, and ultimately surpass their personal fitness goals.

Employing savvy design solutions to personalize the Club Studio experience and bring focus to membership and community actually transforms the spaces into a state-of-the-art movement that inspires and brings people together.



# CLUB STUDIO

To learn more about Club Studio's growth, visit [www.clubstudiofitness.com](http://www.clubstudiofitness.com)