

ABOUT THE FITNESS EQUATION

With over 40 successful years of experience in the health and fitness industry, we have returned to the Northern Virginia Market with our One Loudoun and South Riding location

The Fitness Equation is designed to be the most advanced, high-quality and convenient fitness center in Northern Virginia. You'll instantly recognize that the fitness center has much to offer, its members, including cutting-edge amenities and atmosphere. From hardcore athletes to active families, our member are **getting** healthier and reaching their **fitness** goals at TFE. We're proud to **play** a part in the **betterment** of health and **well-being** in Loudoun County community.



TFE

THE FITNESS EQUATION

JOIN US TODAY

www.thefitnesssequation.com

STAY IN TOUCH

Ashburn
Phone

703.858.2200

Address

44693 Brimfield Drive
Ashburn, VA 20147

 @thefitnesssequationoneloudoun

South Riding
Phone

703.214.9300

Address

43360 Defender Dr,
Chantilly, VA 20152

 @thefitnesssequationsouthriding

 @TFEquation

 @TFEquation



CORPORATE WELLNESS PROGRAM

YOUR SOLUTION FOR FITNESS

info@thefitnesssequation.com

WORK HARD NO REGRETS

The Fitness Equation offers a Corporate Wellness Program to companies looking to become a part of TFE. We have specialized programs that meet the needs of your business and offer complimentary Team Building Days for your company. Private classes and events strengthen team building, celebrate accomplishments and spark health and wellness in your business.

With our 30-minute Team Building Sessions, your staff will:

- Learn how teamwork can produce outstanding results!!
- Improve Concentration and Sharpen Memory!!
- Enhance Creativity and Learn Faster!!
- Reduce Stress and Absenteeism!!
- Increase Self-Confidence, Productivity and Energy!!
- Look Better and Feel Better!!



WHAT WE OFFER:

- Kidz Gyms and Ninja Warrior courses, for working parents!!
- Functional Training Rooms with TRX Suspension Training, Lifting Platforms, and Bumper Plates
- Group Exercise Studios featuring Les Mills BodyPump, Les Mills BodyCombat, Les Mills GRIT, Zumba, HITT and more.
- Mind/Body Studios featuring Yoga, Pilates, and Barre
- Cycling Studios with 16 ft. screen featuring Virtual Ride technology
- NBA- Sized Basketball and Volleyball Courts
- Indoor Rock Climbing Walls with Auto-Belay
- Individual and Small Group Personal Training Services
- Luxurious Dressing Rooms with Saunas
- Evolve Salon & Spa (One Loudoun)
- The Burn Zone - small group exercise boutique. (South Riding)

