



FLAGSHIP

FITNESS[®] INC.

"Leading Families to a Healthier Way of Living."



What Is Flagship Fitness?

- ✓ A multifaceted family lifestyle with comprehensive wellness and fitness programs
- ✓ An opportunity to appeal to the entire family, regardless of age, gender or income
- ✓ A Family Fitness & Wellness Resort
- ✓ A way to provide high/moderate income jobs within the community

Average Income in the Fitness & Wellness Industry*

Pay Range		%
\$0	\$25,000	28.22%*
\$25,001	\$50,000	26.65%*
\$50,001	\$75,000	18.25%*
\$75,001	\$100,000	10.93%*
\$100,001	more	15.93%*

*According to the Wellness Council of America (WELCOA) 2013 Compensation Survey.

What Makes Flagship Fitness So Great?

- ✓ **New and unique look on family-oriented fitness**
- ✓ **Poised to benefit overall wellness and fitness for all types of families**
- ✓ **Youth & Teen programs/activities geared towards improving overall health and well-being, starting at a young age**
- ✓ **A way to help communities economically, while raising a cherished health standard for every family's household**

Proposed Building Exterior



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Proposed Indoor Aquatic Center





Flagship Fitness Amenities

What Can You and Your Family Do at Flagship Fitness?



Flagship Day Spa

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What Can You and Your Family Do at Flagship Fitness?

Flagship Café

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What Can You and Your Family Do at Flagship Fitness?

A group of children are playing in an indoor aquatic center. They are running through a shallow pool of water, splashing. In the background, there are large, colorful slides with blue, red, yellow, and green sections. The children are wearing swimwear. The overall atmosphere is fun and active.

Indoor Aquatics

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What Can You and Your Family Do at Flagship Fitness?



Family Cardio Arcade

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What Can You and Your Family Do at Flagship Fitness?

Youth & Teen Programs / Activities

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What Can You and Your Family Do at Flagship Fitness?

Trampoline Room
12,000 square foot
(Possible Future Edition)

What Can You and Your Family Do at Flagship Fitness?

A group of people are playing basketball in a gymnasium. The scene is dimly lit, with a basketball hoop and backboard visible in the upper left. A player in a black jersey is jumping to shoot the ball, while a player in a blue jersey is jumping to block. Other players are scattered across the court. The word "Gymnasium" is overlaid in large white text in the center.

Gymnasium

What Can You and Your Family Do at Flagship Fitness?



Wellness & Comprehensive Education Seminars

What Can You and Your Family Do at Flagship Fitness?

A personal trainer in a dark blue polo shirt is assisting a woman in a white zip-up top. The trainer is holding a silver dumbbell in his right hand and has his left hand on the woman's right arm, providing support and guidance. The woman is looking directly at the camera with a neutral expression. The background is a blurred gym setting.

Personal Training Services

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Weight & Cardio Training

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What Can You and Your Family Do at Flagship Fitness?



Flagship Spin Club

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What Can You and Your Family Do at Flagship Fitness?

A group of people are participating in a fitness class in a studio. They are using suspension training equipment (TRX) that is anchored to the ceiling. The participants are in various poses, some with one leg extended back, suggesting a strength or stability exercise. The studio has a wooden floor, red mats, and large windows in the background. The text "Group Fitness Studios" is overlaid in the center of the image.

Group Fitness Studios

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What Can You and Your Family Do at Flagship Fitness?



Tai Chi

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What Can You and Your Family Do at Flagship Fitness?



Yoga / Hot Yoga

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What Can You and Your Family Do at Flagship Fitness?



Flagship Mind & Body
Pilates

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What Can You and Your Family Do at Flagship Fitness?



Ballet / Aerobic Studios

What Can You and Your Family Do at Flagship Fitness?

Locker Rooms

What Can You and Your Family Do at Flagship Fitness?



Free Daycare

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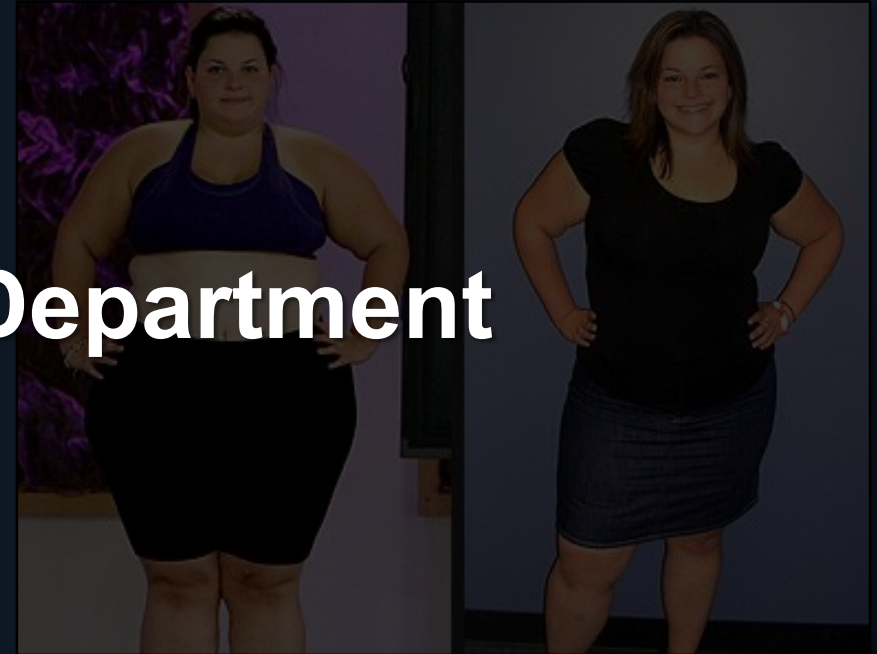
What Can You and Your Family Do at Flagship Fitness?

Before

After

Before

After



“UnFit Yet” Department



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