



LEAFHOME™
Health & Wellness



Leaf Home X Evolve Fitness

Ready to make your physical wellness a priority? We've got you covered! Our partnership with Evolve Fitness provides our employees with unlimited, FREE workouts! Attend as often as you'd like at no charge to you. Located at 1540 Georgetown Road, Evolve is perfect for a pre-work, lunch break, or post-work day workout!

Weekly Schedule

MONDAY

7:00 AM SMALL GROUP
9:00 AM SMALL GROUP
12:00 PM SMALL GROUP
5:30 PM SMALL GROUP

TUESDAY

5:15 AM SMALL GROUP
6:00 AM BOOT CAMP – 45 MINUTES
7:00 AM SMALL GROUP
12:00 PM SMALL GROUP
5:30 PM HIIT

WEDNESDAY

7:00 AM SMALL GROUP
12:00 PM SMALL GROUP
4:30 PM SMALL GROUP

THURSDAY

5:15 AM SMALL GROUP
6:00 AM BOOT CAMP – 45 MINUTES
7:00 AM SMALL GROUP
9:00 AM SMALL GROUP
12:00 PM SMALL GROUP
5:30 PM HIIT

FRIDAY

7:00 AM SMALL GROUP
12:00 PM SMALL GROUP

SATURDAY

9:00 AM SMALL GROUP

Small Group Class

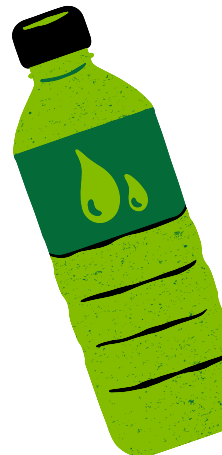
Small group training is a great way to get in shape when on a budget. This class is less intense than the boot camp style classes but you will still burn calories, strengthen muscles and improve your cardiovascular system. Beginners are advised to start with this type of workout. Class size is 5-8 clients and a trainer who will check on proper technique, form, and plan a perfect set for this 45 minute class.

Boot Camp

Ready for a challenge? Looking to up your fitness level? Then this is the class for you! Boot Camp is a fairly intense mix of strength training and cardio workout. Power ropes, running, push ups, burpees, and jump ropes are just a few of the exercises you will experience in Boot Camp. This class will help you lose fat, increase your cardiovascular efficiency and build muscle strength. Expect to Sweat! Outdoor and indoor boot camps are available.

HIIT

You don't have 60 minutes in your schedule to workout? Then this is the perfect class for you. A 45 minute HIIT (High Intensity Interval Training) class that is guaranteed to burn calories! This is a fast-paced boot camp style class using air bike, rower, agility ladder, kettlebells, medicine balls, powers ropes. Excellent class for improving strength, endurance and cardiovascular efficiency. All fitness levels are welcome in this whole body 45 minute workout. Weather permitting, class



Ready to get started?
Scan this code to sign up for a class!



Walk-Ins are also welcome!

