

STRENGTH WITH CLASS™ STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS STRENGTH WITH CLASS



Experience the **best value added fitness** in town!

501FIT is a **fully equipped fitness studio** with locker rooms, private showers, cardio equipment, free weights/machines, awesome skyline views of Minneapolis, an open and bright floor plan and we provide clean towels free of charge to all members.



We're located in the heart of the Mill City Museum District at 501 S. Washington Avenue 3<sup>rd</sup> Floor. Our club is in a unique and upscale 8,000 square foot *historical* location which has vintage charm and character.

**Skyway accessible within ½ block!**  
**Ample Metered Parking**  
**Pay Lot Parking Behind Building**  
**Light Rail Transit within 2 blocks**  
**Close to major expressways\***

### CLUB AMENITIES

- ✓ Independently owned/operated; non-corporate workout environment
- ✓ Historic building with skyline views of downtown Minneapolis
- ✓ Clean shower and locker facilities with FREE towel service
- ✓ Fully equipped free weight & selectorized weight rooms
- ✓ Cardio machines | treadmills, bikes, ellipticals, cross-trainers
- ✓ One-of-a-kind G-Werx Strength classes & CardioFITboxing classes
- ✓ Distributor of Eniva nutrition and wellness products <http://shop.enivausa.com/410601/en-us/>
- ✓ Affordable monthly membership rates & most economical strength training packages in town!
- ✓ **\$49/month membership fee; group strength training classes as low as \$15 per hour!**

501FIT was recently voted "Top pick for getting fit..." by Minnesota Monthly Magazine (Best of the Cities, October 2008) for our innovative form of small group strength training classes using our exclusive G-Werx® Gyms (www.gwerx.com) invented & designed by our Founder & Fitness Director, Phil Martens.

### CLIENT TESTIMONIALS

**Tim DePrey – Minneapolis** "I worked out on my own for over ten years without much to show for it. Since joining 501FIT, for the first time in my life I am seeing real results from working out and I love it." (MacPhail Music)

**Chris Bierbrauer, D.C. – Minneapolis** "In my case, 501FIT has solved the issues of boredom and monotony I've experienced with traditional weight training. I get a great strength and cardio workout from the G-Werx group strength classes and even 90 minute workouts go by quickly. As a Chiropractor, I recommend 501 Fit to all my patients who are looking to achieve optimal health and wellness."

**Want to Improve your Fitness?** Contact us email [info@501fit.com](mailto:info@501fit.com) or call 612.767.4415 to get started!

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