

Hello, West Millbrook Middle School!!

Wendy and Justin here, your neighbors at F45 North Raleigh. In March 2020 we began our functional fitness community where everybody of all fitness levels is encouraged to push themselves forward. We are passionate about cultivating a healthy lifestyle and making a positive impact on our community and we would love to help more of the West Millbrook Middle School families along their fitness journey. F45 provides a personal training experience in a group fitness setting that is fast, fun, and results driven. With over 4,000 different cardio and strength exercises, your workout will always be fresh and full of variety.

We would love to have you join us for a free week trial and see why F45 may be the best 45 minutes of your day.

West Millbrook families also get ONE MONTH FREE when you sign up for a 3-month membership! Get started with a FREE WEEK TRIAL! Sign up at www.f45training.com/northraleigh/trial. Use code WMMS at checkout to get a free week of training.

Wendy, Justin, and the Team



The advertisement banner features a blue border and contains the following elements:

- Left Image:** A photograph of a woman in a black athletic outfit performing a squat on a blue mat in a gym setting.
- Logo:** The F45 logo, consisting of the letters 'F45' in a stylized, blocky font.
- Text:** **Team Training**
Life Changing
- Text:** **F45 Training is a group fitness community specializing in innovative, high-intensity group workouts that are fast, fun, and results-driven.**
- Text:** **We are located in Bent Tree Plaza at 7901 Falls of Neuse Road**
To learn more or schedule your trial, call/text 919-436-2120
- Right Image:** A group photograph of several people posing together in a gym, with a red and white banner in the background that says 'REGIONAL'.