

# FIT X

ON-DEMAND



## ON-DEMAND FITNESS CLASSES WITH ZERO SUBSCRIPTION FEES

FitX On-Demand provides you with 24/7 access to a range of professionally produced virtual fitness classes. Our team of certified fitness instructors are here to help challenge you through the most popular fitness trends in the industry.



## INTRODUCING FITX ON-DEMAND THE NEW INDUSTRY STANDARD

Virtual fitness is now a category all its own and the perfect addition to any size fitness center. Providing on-demand fitness classes has become an industry standard for most fitness facilities. Optimizing your space and creating a user-friendly solution for your clients is key. Most on-demand fitness providers today require a monthly subscription fee as well as costly wiring and hardware requirements.

FitX On-Demand was created to simplify the process of providing an on-demand, virtual fitness solution. First and foremost, FitX is user-friendly, requires no monthly subscription fee, no monthly connectivity fees and is quick and easily installed in any space. The touchscreen FitX kiosk comes complete with mounting hardware, simple to follow instructions and connects with two wires — a power supply and an HDMI cable for any HDTV. Complete, professional installation is also available.

✕ NO SUBSCRIPTION FEES ✕ NO MONTHLY PAYMENTS ✕ NO INTERNET REQUIRED

LEARN MORE AT [WWW.FITXONDEMAND.COM](http://WWW.FITXONDEMAND.COM)

## FITX FUNCTIONAL FITNESS OUR NEWEST VIDEO SERIES

The FitX Functional Fitness series includes 18 single workouts, partner workouts, and basic instruction on multiple stations typically found on functional fitness equipment. Moves that focus on balance, strength plyometrics, and exercises that require your body to move through a different range of motion. Our videos include body weights, battle ropes, suspension training, stall bars weights, boxing, ladder, plyometrics and different weighted accessories.

(CAN BE COMBINED WITH ORIGINAL FITX KIOSK OR PURCHASED ON ITS OWN)



## FITX CERTIFIED INSTRUCTORS



Crystal Nelson



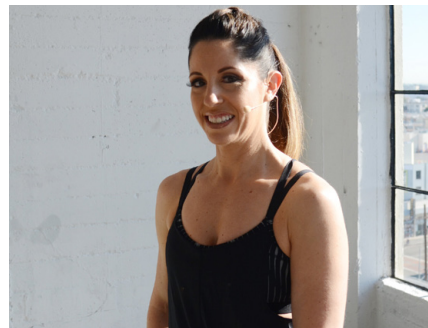
Alex McLean



Jennifer Graffice



Jennifer Schwartz-Elliot



Amy Larkin



Mariah Graham



Liz Jones



Megan Franks



Jaime Bugge

LEARN MORE AT [WWW.FITXONDEMAND.COM/INSTRUCTORS](http://WWW.FITXONDEMAND.COM/INSTRUCTORS)

## FITX FITNESS CLASSES

### Original FitX Kiosk:

Abdominal  
 Boot Camp  
 Buns and Guns  
 Core Workout  
 Cycling  
 Hiit Workout  
 Hip Hop  
 Interval Training  
 Kickboxing  
 Lower Body  
 Pilates  
 Prism Rack  
 Sculpt  
 Spin Classes  
 Step 360  
 Total Body  
 Upper Body  
 Yoga

### FitX Functional Fitness Kiosk:

Below the Belt  
 Box and Burn  
 Core Circuit  
 Core Squad  
 Hiit Squad  
 Intro to Functional Training  
 Intro to Heavy Bag  
 Intro to Monkey Bars  
 Intro to Plyo Step  
 Intro to Rope  
 Intro to Stall Bars  
 Intro to Suspension Training  
 RAW - Ropes, Abs, Weights  
 Squad Suspension Training  
 Stretch It - Stall Wall  
 Super Circuit  
 Super Strap Suspension Training  
 Upper Cut - Upper Body

LEARN MORE AT [WWW.FITXONDEMAND.COM/FITX-VIDEOS](http://WWW.FITXONDEMAND.COM/FITX-VIDEOS)



## REFLEXION REFLEXION

The RefleXion by FitX On-Demand positions users face-to-face with their favorite trainers for a personal workout experience in any fitness center. Our user friendly mirror is designed to easily elevate any room, workout session and experience.



## THE ALL-IN-ONE KIOSK

The All-In-One Kiosk by FitX On-Demand simplifies the on-demand fitness experience with an interactive 65" touchscreen. This all-in-one kiosk is easily installed in any space, comes complete with mounting hardware and requires ZERO monthly subscription fee.





FOUNDED BY FITNESS PROFESSIONALS  
WITH OVER 25 YEARS OF EXPERIENCE



[FITLOGISTIX.COM](https://fitlogistix.com)



[FITHYGIENX.COM](https://fithygiex.com)

**FitX On-Demand** is brought to you by Danielle Evans and Joelle McCasland,  
the same fitness professionals who created **FitLogistiX** and **FitHygienX**.



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