

EUPHORIA HEALTH AND FITNESS

WHO WE ARE

Located at 20445 Emerald Parkway, Cleveland, just south of I-480 & Grayton Road.

Established in 2008, we offer a fully equipped indoor studio and a 25 acre outdoor obstacle course. We have partnerships with local swim and weight-lifting facilities and continue to expand our services to meet the needs of our athletes.

Our trainers are certified in their fields. We "walk our talk" with real world training and personal experience. Our workouts are tailored to individual goals, even when completed in a group setting. We offer nutritional support with regular assessments to evaluate your progress and track your goals.

EUPHORIA CORPORATE

Amsdell Companies began their Corporate Wellness Program in November 2015. The enthusiastic response we've received from participants has encouraged us to offer the Program to all Amsdell Tenants in the Cleveland area. Our programs create camaraderie, increase productivity, and decrease instances of illness and injury in the workplace. We are dedicated to instilling a healthy lifestyle in order to make your company a more successful, engaging and fun place to work.

EUPHORIA CORPORATE

PROGRAMS

GET FIT CHALLENGE

*A 90 day fitness challenge for your entire company.
Incorporates strength, cardio, toning, and weight training.
Full fitness assessments & nutritional program included.*

**\$15 PER PERSON PER SESSION
MINIMUM ENROLLMENT OF 5 PEOPLE
60 MINUTE SESSIONS; 3-4 DAYS A WEEK**

BOOT CAMP

*Group training for 2-4 people. Interval training done
indoors, outdoors, and on the obstacle course. Full fitness
assessments & nutritional program included.*

(RATES ARE PER PERSON)

**2 PEOPLE = \$35 FOR 45 MINUTES;
\$40 FOR 60 MINUTES
3 PEOPLE = \$25 FOR 45 MINUTES;
\$30 FOR 60 MINUTES
4 PEOPLE = \$20 FOR 45 MINUTES;
\$25 FOR 60 MINUTES**

PERSONAL TRAINING

*One-on-one training with a focus on personal goals and
development. Nutritional plan included.*

**10% OFF ANY 30, 45, OR 60
MINUTE PACKAGE**