

## MOBILE FITNESS ON THE GO

FITNESS SESSION OFFERED

### Mat Pilates

Core-strengthening, mindful, low impact.

### Yoga

Relaxing, flexible, mind-body practice.

### Trampoline Bounce

High-energy, fun, full-body workout.

### Bootcamp

Intense, full-body fitness training.

### Line Dance

Fun, energetic, beginner-friendly dancing.

### Custom Session

Tailored, goal-oriented fitness program.

Book your session today!

📞 713-530-5266

📷 @fitonwheelz

✉️ Info@fitonwheelz.com



# Corporate Events / School Events / Private Events





**FitOnWheelz is dedicated to making fitness accessible, fun, and impactful by bringing dynamic, mobile wellness experiences directly to communities. Our mission is to empower individuals of all ages and fitness levels through engaging programs that promote physical health, mental well-being, and long-term lifestyle changes. By offering a variety of activities such as Trampoline Bounce, Mat Pilates and Stretching, and HIIT, we aim to inspire healthier communities one bounce, stretch, and jump at a time. Powered by Level One Fitness and Nissefit, FitOnWheelz is committed to delivering innovative, inclusive fitness solutions wherever you are.**





## Trampoline Bounce

**Description:** This high-energy class combines the fun of bouncing on a trampoline with a full-body workout. It's a low-impact, cardio-intensive session designed to improve endurance, balance, and coordination.

### Benefits:

- Boosts cardiovascular health
- Improves balance and coordination
- Strengthens muscles while being gentle on joints
- Increases lymphatic circulation, aiding detoxification
- Reduces stress and improves mood

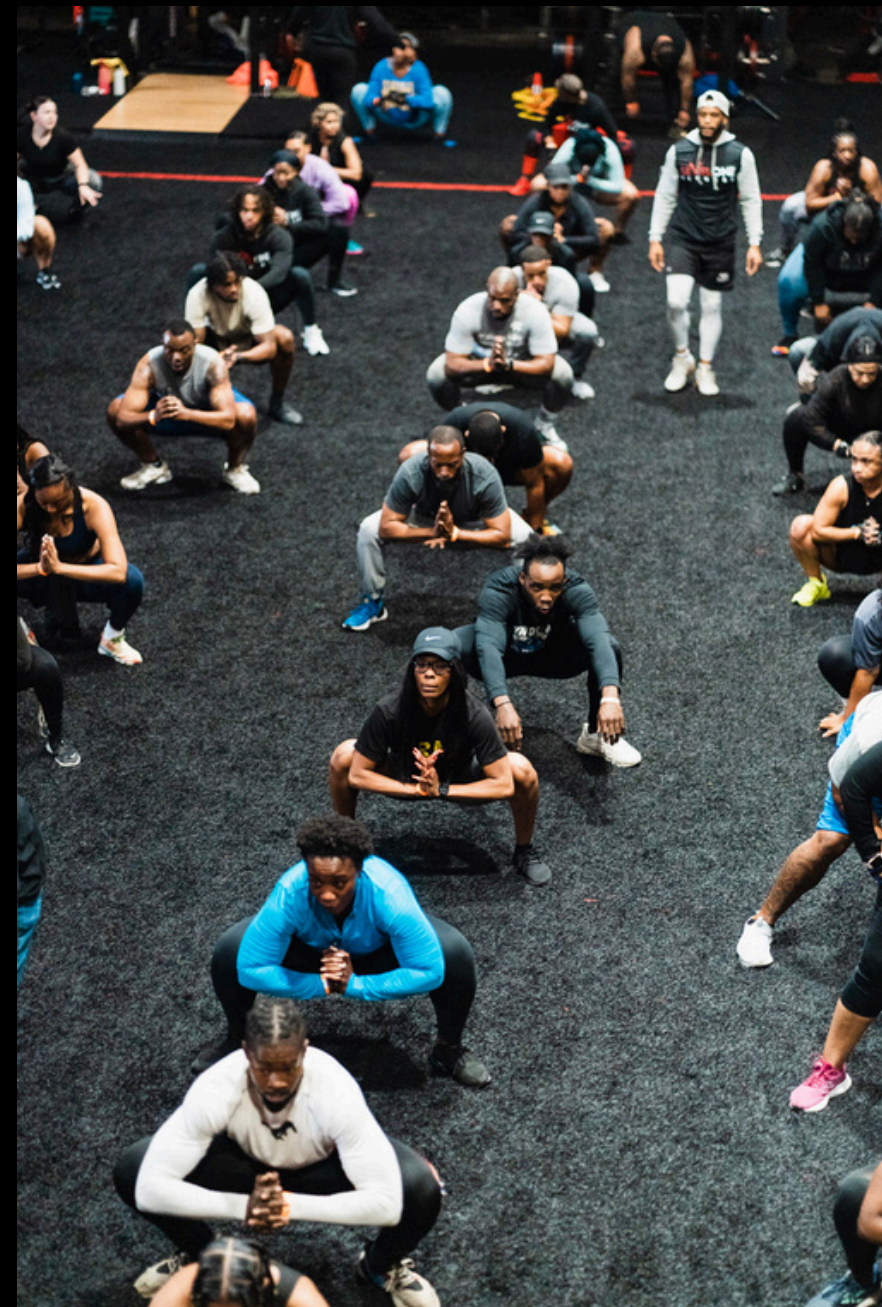


## Mat Pilates

**Description: Mat Pilates focuses on core strength, flexibility, and posture. This class uses controlled, flowing movements to enhance body awareness and improve overall balance and strength.**

### Benefits:

- **Strengthens core muscles and improves posture**
  - **Enhances flexibility and range of motion**
  - **Increases body awareness and muscle control**
- **Reduces risk of injury by improving balance and stability**



## High-Intensity Interval Training (HIIT)

**Description: HIIT alternates between short bursts of intense activity and periods of rest or low-intensity exercises. This method of training is designed to burn fat, increase endurance, and boost overall fitness in a short time.**

### Benefits:

- Maximizes calorie burn in a shorter time
- Increases cardiovascular health and stamina
  - Enhances metabolism, aiding fat loss
  - Builds muscle strength and endurance
- Efficient, quick workout with lasting benefits



## About Our Team:

At FitOnWheelz, our team is composed of passionate fitness professionals dedicated to helping individuals achieve their health and wellness goals. We believe in creating an inclusive, motivating environment where everyone can thrive, regardless of fitness level.



Our trainers are highly experienced and bring diverse expertise across various disciplines, including high-intensity training, Pilates, trampoline fitness, and stretching. Each team member is committed to delivering engaging, results-driven programs that focus not only on physical strength but also on mental well-being and overall health.

Backed by Level One Fitness and Nissefit, our team combines innovation with personalized care to provide exceptional fitness experiences. Whether you're bouncing on trampolines, improving flexibility through stretching, or strengthening your core with Pilates, our team is here to support you every step of the way.



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**BOOK YOUR SESSION TODAY!**

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