



CHARLOTTE'S BEST CLUBS AT THE BEST PRICE!

AMENITIES & MORE

Amenities are often considered the extras, but at Sports & Fitness it's the amenities that keep our members year after year. We offer large cardio areas with clean and well maintained equipment. We have a dedicated stretching areas, tanning beds, open play basketball and spacious locker rooms with dry saunas.

- FREE CHILDWATCH
- GROUP FITNESS CLASSES
- PERSONAL TRAINING
- OPEN PLAY BASKETBALL
- LARGE CARDIO AREAS
- CIRCUIT TRAINING
- DEDICATED STRETCHING AREAS
- SPACIOUS LOCKER ROOMS
- DRY SAUNAS, TANNING

BALLANTYNE

11611 ARDREY KELL RD.
704.752.5988

LAKE NORMAN

20310 SEFTON PARK RD.
704.896.2551

UPTOWN

1001 MOREHEAD SQUARE DR.
704.332.4500

NORTHLAKE

8626 HANKINS RD.
704.596.9009

SOUTHPARK

5601 SOUTH BLVD.
704.405.1010

UNIVERSITY

8404 N. TRYON ST.
704.405.1330

INDIAN TRAIL

13705 E. INDEPENDENCE BLVD.
704.893.0355

SPORTSANDFITNESSCLUBS.COM



CORPORATE WELLNESS
PROGRAMS



SPORTS & FITNESS

RETHINK FITNESS.



SPORTS & FITNESS

GOOD HEALTH IS GREAT FOR BUSINESS!

CORPORATE WELLNESS



Corporate Wellness is among the most vital investments that a company can make. There is a cultural shift happening where being overweight and out of shape is now at the point smoking was not too many years ago. National awareness about the dangers of heart disease, high blood pressure and diabetes is building toward that tipping point where people are finally making new lifestyle choices.

By partnering with Sports & Fitness Clubs, businesses are able to improve the overall employee productivity and are able to save money on health care expenses. Let's face it, healthier employees work more diligently and miss fewer days of work due to illness.

RETHINK FITNESS



Fitness gyms have a reputation of high pressure sales tactics and discounted going out of business price specials, all the while operating under hidden management. There's an image of clubs being only for the "fit," that has restricted our ability to actually reach people who need us most and would benefit from our services.

Sports & Fitness is "Rethinking Fitness". Our knowledgeable and friendly fitness consultants are working to build a relationship with our members. It's not just about selling a membership; it's about helping them to reach their fitness goals. It's about smiles and hellos when they walk in the door.

Sports & Fitness is the only health club accredited by the Better Business Bureau.

GROUP FITNESS



Sports & Fitness has a robust offering of Group Fitness Classes to get you motivated and get you moving. Some favorites include Group Power, Group Ride, Yoga, Pilates & Zumba. Our Group Fitness Schedules are posted online on our website powered by Google Calendar. Simply click on the class you want to take and select "Add to My Calendar" and that class will be inserted into your Google or Outlook Calendar. Now you're sure to never miss your favorite class.

CHILDWATCH



Sports & Fitness has a Childwatch Program. Members eligible for this Free Program must scan their membership card, take a photo and check in via our computerized system. Each child watch room is filled with a variety of toys and games to entertain your child while you work out. The childwatch hours are posted on the website and can vary slightly according to popular classes at each location.

PERSONAL TRAINING



Every Sports & Fitness membership includes (1) One Fitness Assessment & (1) Free Personal Training Session. The Fitness Assessment is your initial conversation with a trainer to discuss your current health concerns, nutritional diet, body fat measurements and setting obtainable fitness goals. The Free Personal Training Session is your one on one workout with a Personal Trainer. They will familiarize you with the equipment in our facility and help you create a personalized workout specific to your fitness goals. We offer specific Personal Training areas, should you choose a personal trainer as part of your workout regime you'll have a semi-private space away from the main fitness floor to workout.



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