



New Wellness Benefit from Fitness Together

In these uncertain and stressful times, regular exercise is an important part of staying healthy. Not only does it improve fitness, it has been shown to reduce stress and to improve mood. As we head into a holiday season that is guaranteed to be like no other, making time and staying motivated for exercise will be a challenge. That's why we've partnered with Fitness Together—Kirkland, Mercer Island and Madison Park who are offering their services at a discounted rate to BHT members.

Fitness Together is offering the following to BHT members:

PERSONAL TRAINING (IN-PERSON AND VIRTUAL)

One-on-one personal training with a certified personal trainer. Each session is tailored to your individual needs, taking into consideration medical history, movement history and goals. These sessions are offered virtually or at studio locations in Kirkland, Mercer Island and Madison Park.

VIRTUAL SMALL GROUP TRAINING

Our 30-minute virtual group classes led by degreed, certified trainers, and are offered several times per week. Join 10-15 other participants for a "boot camp" style workout with exercise progressions to meet the needs and fitness levels of the group.

To learn more about Fitness Together and this benefit, visit www.businesshealthtrust.com/wellness

COST FOR BHT MEMBERS AND THEIR EMPLOYEES

\$75 per session for one-on-one Personal Training (in-person or virtual)

\$10 per session for Virtual Small Group Classes (10-15 participants)

LOCATIONS

Kirkland

Houghton Center
10627 NE 68th ST
Kirkland, WA 98033

Mercer Island

3011 78th Ave SE
Suite 140
Mercer Island, WA 98040

Madison Park

4202 E Madison St
Seattle, WA 98112

SIGN UP

To sign up and for more information, please contact Steve Dempsey at stevedempsey@fitnesstogether.com or call **425-242-1782**.