



WORKOUTS WITHOUT WALLS

INNOVATIVE OUTDOOR FITNESS



Thanks so much for requesting our information packet. Included you will find lots of valuable information that includes who we are, what we do, our pricing and a free voucher for 4 weeks of our outdoor fitness boot camp! Please read through all of the material and reach out to us if you have any questions.

BOOTCAMP

NEXT EXIT →

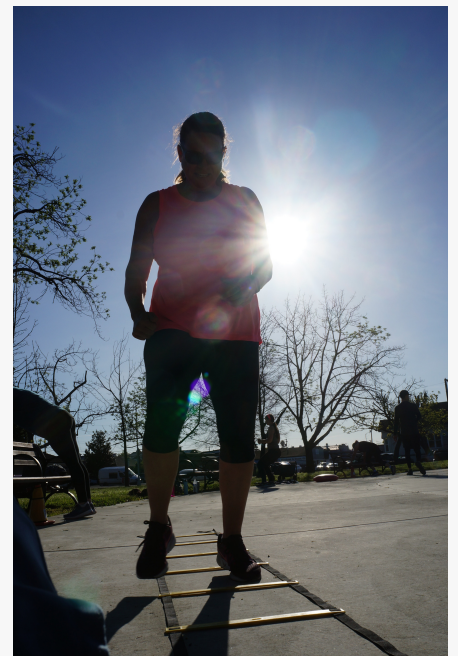
Who We Are

Hey There! My name is Carlos Payte and I am the owner and Head Trainer for W3 Fitness in Novato. I have been helping Marin residents get into amazing shape for the last 23 years. I started my fitness career in the gym business and gradually moved into business ownership with Novato's first outdoor fitness boot camp Adventure Boot Camp. I rebranded two years ago into W3 Fitness Workouts Without Walls. I pride myself in creating a family environment where members have fun, work hard and feel energized.



Our Program

W3 Fitness is an outdoor group fitness program that combines strength training, cardiovascular training, balance, speed and agility. We work with everyone from an extremely de-conditioned individual to seasoned athletes. Using our experience we are able to cater to all fitness levels without disruption of the group. We utilize dumbbells as our primary source of strength equipment but on special days we bring in battle ropes, slam balls, kettlebells, strength bands, agility ladders, hurdles, etc. Our goal is to aid you in reaching your fitness goals in the shortest amount of time possible.





Our Community

W3 Fitness is more than just a workout. We are a family of people that have different fitness goals but are all on the same team to support each other in reaching them. Not only do we work out but we go out for drinks, go bowling, have potlucks, etc. We want you to be a part of our team!

Our Pricing

FREE
(ACCESS BELOW)

\$0

- ✓ 30 Day Trial
- ✓ Unlimited Use

PER 6 WEEK SESSION

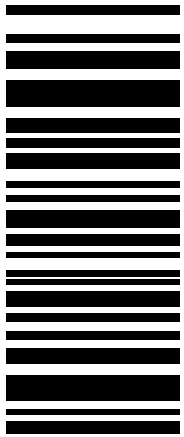
\$347

- ✓ No commitment
- ✓ Unlimited Use
- ✓ \$12/Session at 5 days/week

INNER CIRCLE
BILLED MONTHLY

\$197

- ✓ Unlimited Use
- ✓ 21 Weekly sessions
- ✓ Best Deal! Less than \$10/Session at 5 days/week



**30 DAYS OF W3 FITNESS
ABSOLUTELY FREE!**

PRINT THIS VOUCHER OUT OR CONTACT
US AT CARLOS@W3FITNESS.COM
TO REDEEM

We believe in you...

... and we believe in us. We know we're different than the rest and we want a chance to be a part of your journey. Give us a try.

There is no risk. No sales pitch. No obligation at all.

We believe in community

Bring a friend or 2 along if you'd like. That'll help us spread the word about what we do here and if it make you feel a bit more comfortable then we're all for it. Just print off this document or this page and bring it in as your voucher. That's all there is to it.

We really hope to get the chance to work with you!