



The Gift of Fitness

A SPECIAL PERK FROM TRASH BUTLER

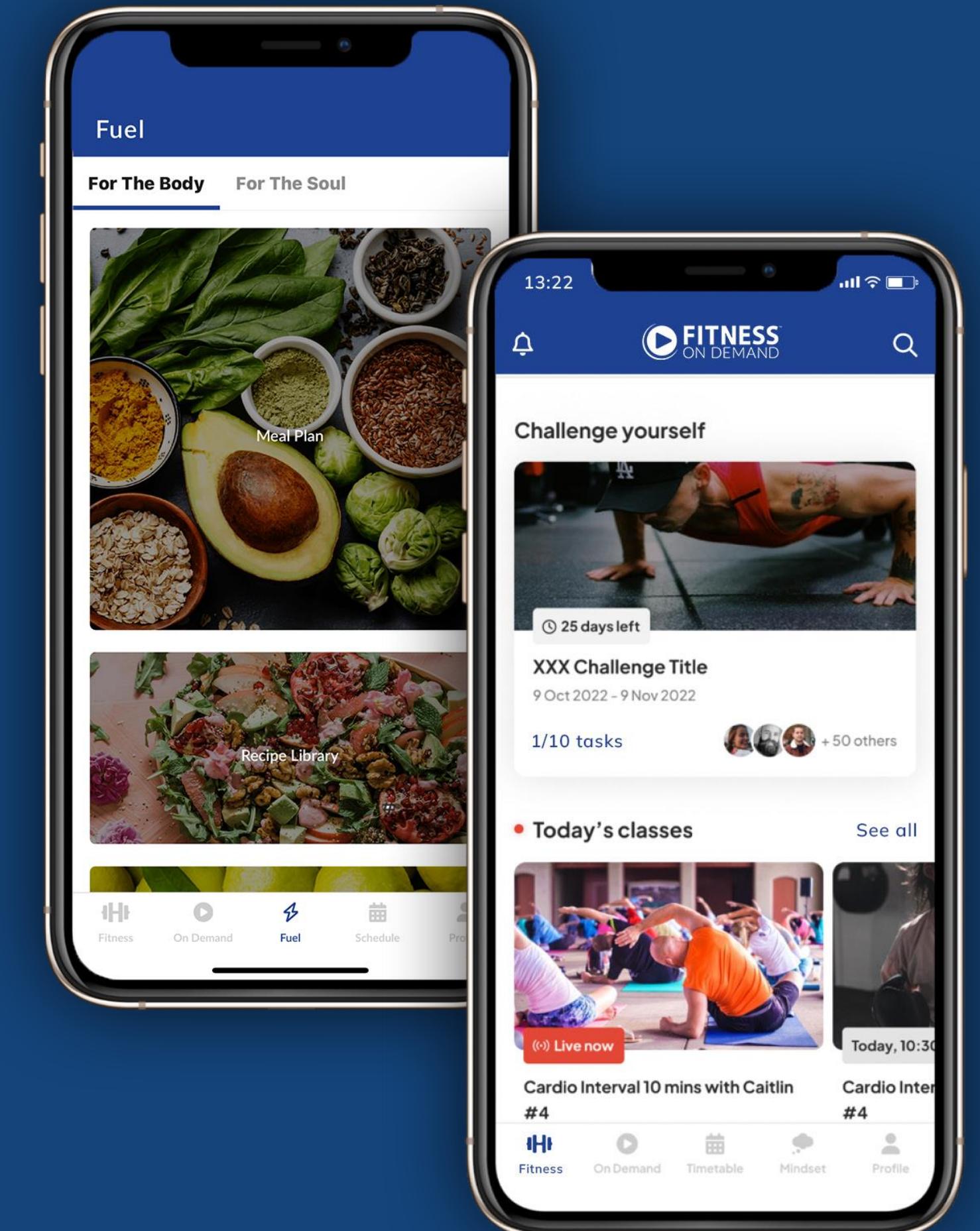


**TRASH
BUTLER**

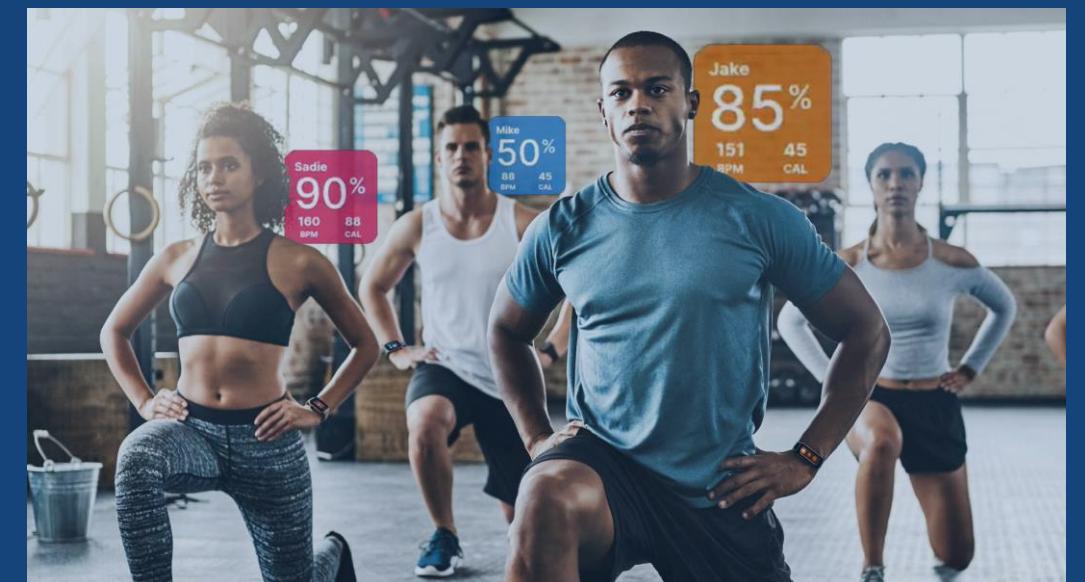
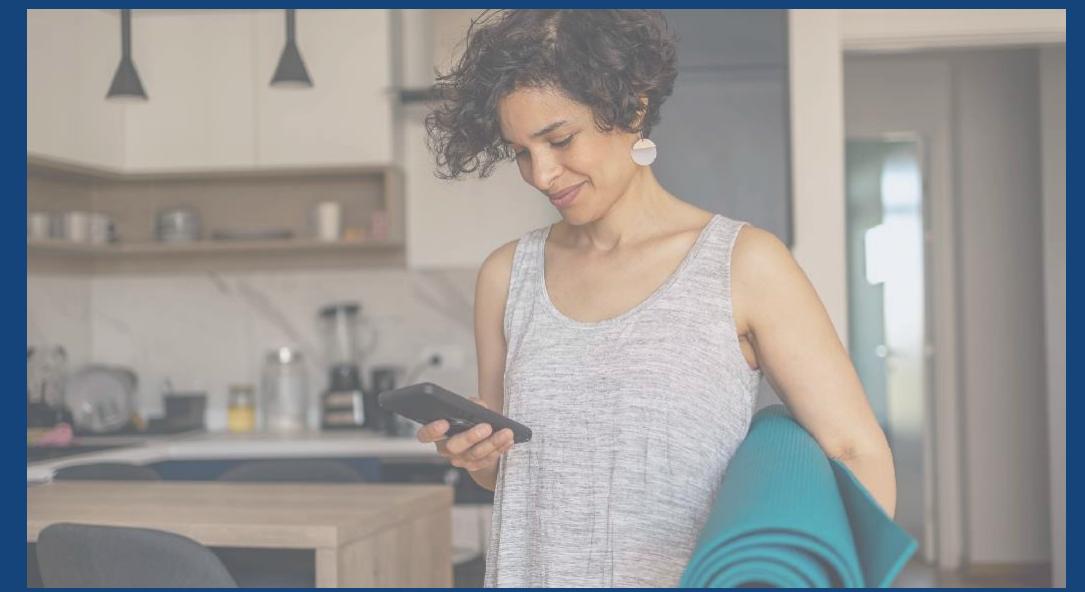
Wellness & Convenience with FLEX

FULL WHITE LABEL

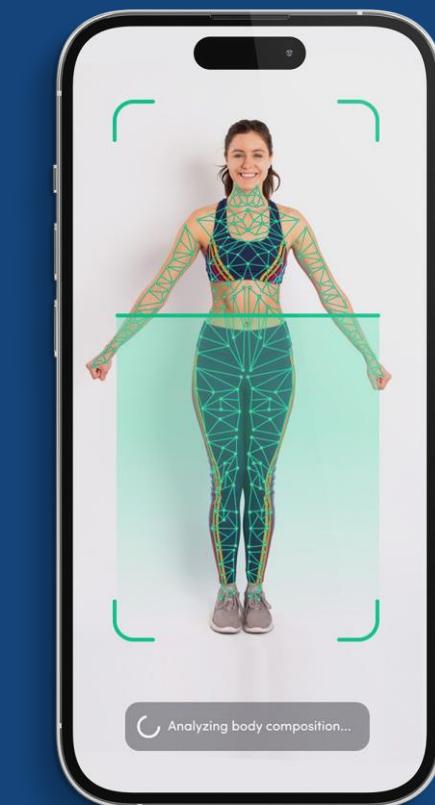
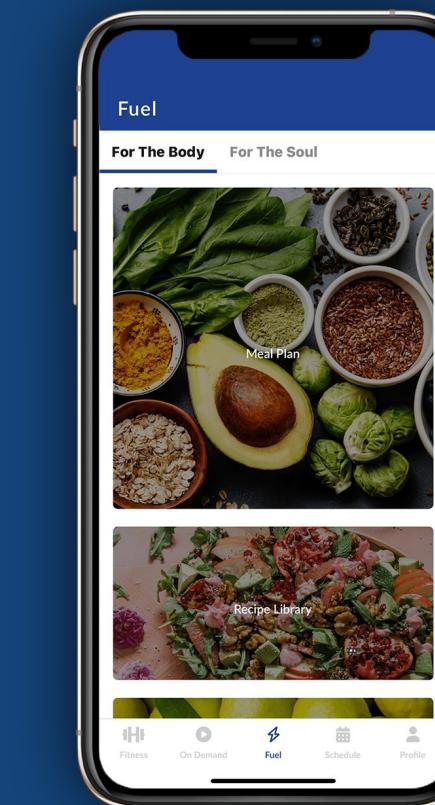
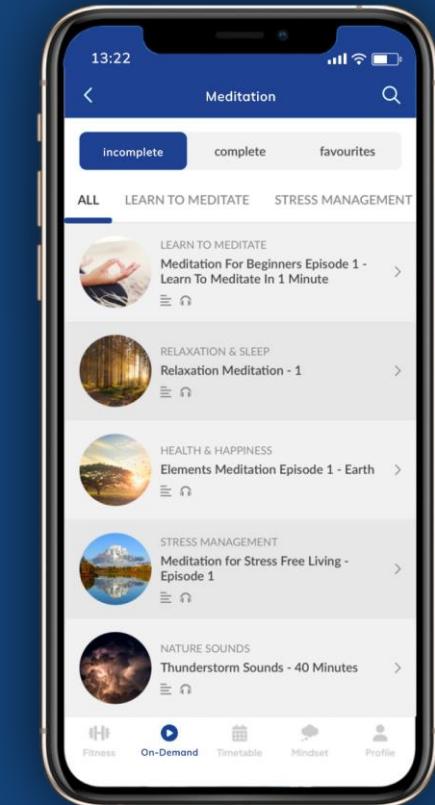
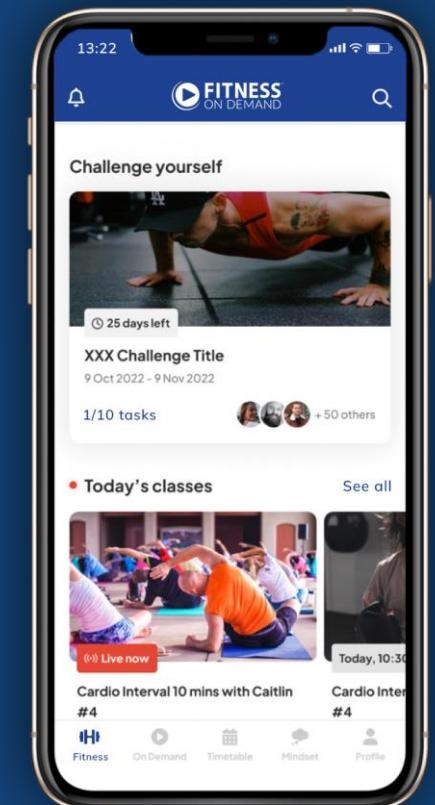
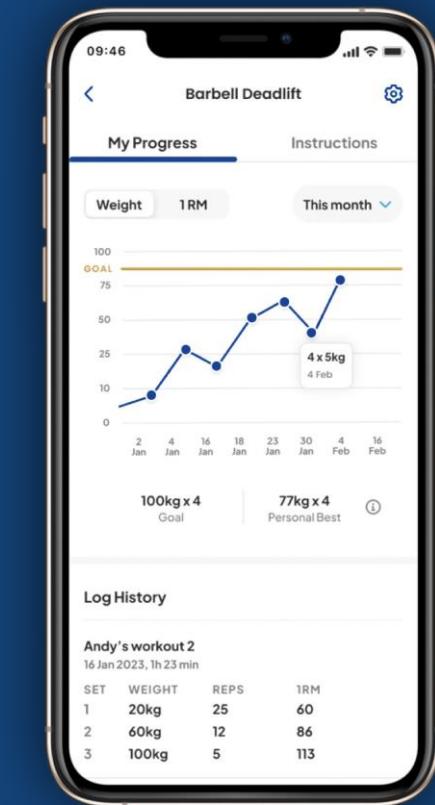
The fully customizable fitness app allows your residents to access fitness and wellness classes anywhere - at home, in your gym, or on the go.



The Flex App offers a personalized, interactive fitness experience with heart rate tracking, helping residents achieve their goals at home or on-the-go.



Flex App Features



OVER 1200
WORKOUT CLASSES



STRENGTH
LOGGING



CHALLENGES



MINDSET CONTENT



NUTRITION GUIDES



BODY SCANS

Seamless Onboarding

YOUR PATH TO SUCCESS WITH FOD

