

JUNE 2025



FITNESS NEWS

GIVE FEEDBACK AND WIN COOL PRIZES!

[2LP FIT Survey](#)

Interested in new classes?

Want to see specific wellness incentives and challenges?

Your feedback helps us improve 2LP FIT **AND** enters you into a raffle for a chance to win cool prizes from our local sponsors!

Click [Here](#) to Complete the Survey



2lpfit@libertyplace.com

MEET OUR TEAM

FITNESS STAFF

Adrienne Dolberry
Fitness Center Manager

Asia Broadus
Fitness Specialist

Wyatt Josyln
Fitness Specialist

Ash Brightwell
Yoga Instructor

Timaree Schmit
Pilates and Spin Instructor

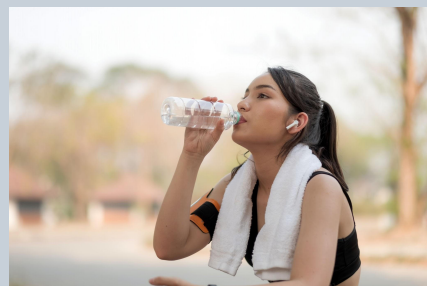
HEALTHY TIPS

STAY HYDRATED!

Your body is 60% water!

With the warmer weather, the risk of dehydration increases - leading to overheating, constipation, and other health issues.

Incorporate water-rich fruits and vegetables for more variety!



KEEP FIT THIS SUMMER!

Summer can be full of relaxation, travel and fun...

BUT also where our fitness routine can slip - making it difficult to re-start in September.

Keep fit by:

- Joining [2LP FIT](#) (or refer a workout buddy to join)!
- Signing up for [Simplex On Demand](#) virtual classes
- Taking advantage of outdoor and water activities, such as hiking, biking, swimming, and kayaking!

Visit 2LP FIT, Located on the 4th Floor of 2LP