

WOMEN IN FITNESS



WEEKLY WORKOUTS

Members and special guest instructors lead regular new and exciting workouts, + new workout buddy program!



DISCOUNT CODES

Exclusive discount codes for a wide variety of health and wellness related businesses.



FUN EVENTS

Events give you the opportunity to be active, meet new people, learn something about your health, and more!



MONTHLY CHALLENGES

Drink more water, get more steps, focus on mental health. WIF challenges you to better yourself and win prizes!



@wwomeninfitness