



# BE THE CHANGE

PREMIER FITNESS & WELLNESS CENTER

[FLEX5CLT.COM](http://FLEX5CLT.COM)

A young man with short brown hair and a light beard is wearing a black t-shirt. He is looking off to the right with a slight smile. The background is a desert landscape with mountains under a clear blue sky. The text "HOW WILL YOU BE THE CHANGE TODAY?" is overlaid on the bottom half of the image. "HOW WILL YOU" is in white, "BE THE CHANGE" is in large blue letters, and "TODAY?" is in white on a blue background.

HOW WILL YOU  
**BE THE CHANGE**  
TODAY?



Our tailored programs enable you to incorporate choices and actions toward a more prosperous and satisfying existence through a harmony of strengthening the mind, body, and spirit resulting in a healthy and balanced lifestyle.

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# CORE TEAM



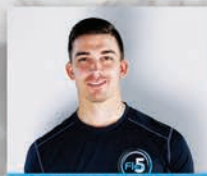
**PETRO MARTYNYUK**

Petro Martynyuk, CPT, ACSM  
Founder, Health Coach



**DARLA LILLEBERG**

Darla Lilleberg, CPT, ACSM  
Founder, Health Coach



**BRIAN MAZHARI**

Brian Mazhari  
CPT



**VICTORIA MARTINEZ**

Victoria Martinez, CPT, NASM, RYT  
Yoga Instructor & Spiritual Coach



**MITCH NEUGEBAUER**

Mitch Neugebauer,  
CPT, ACSM



Flex5 is designed to empower,  
inspire and motivate individuals  
to achieve a well-balanced,  
healthy lifestyle.

# #BeTheChange





### MIX & MATCH 1 on 1

- Individual Personal Training
- Small Group Training
- Stretching and Recovery
- Cardio Kickboxing
- Speed, Agility and Quickness (SAQ) Elite
- Sports Performance
- Yoga & Pilates
- Nutrition Management
- Health Coaching
- Ayurveda and Spiritual Healing
- Massage Therapy

### WHAT IS FLEX5 TLC PASS?

One FLEXible pass with over 10 different options to choose from, you are guaranteed to find the right combination of services to create your own personalized Flex5 TLC program.



### +BONUS

Complimentary Starter Kit  
(\$199 VALUE)

### BENEFITS INCLUDE

- Holistic approach to wellness addressing all areas of your lifestyle
- A team of globally certified instructors
- Discount on all Flex5 products and services
- Uptown concierge service (client pick up/drop off, dry cleaning, groceries)
- State of the art facilities
- Convenient parking locations

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# CLASS PASS

## MIX & MATCH CLASSES

- Yoga & Meditation
- Pilates
- Deep Stretch
- HIIT & TRX
- Speed, Agility and Quickness (SAQ)
- Metabolic Conditioning
- Educational Workshops & Seminars

## WHAT IS FLEX5 CLASS PASS?

One FLEXible pass with over 50 classes per week during morning/lunch/evening peak times, you are guaranteed to never get bored and to truly discover whether you have what it takes to Flex5.



## + BONUS

Complimentary Starter Kit  
(\$99 VALUE)

## BENEFITS INCLUDE

- A team of globally certified instructors
- Maximum 15 people per class to ensure individual attention
- Choice of 50 classes per week (30-75min/class)
- Discount on all Flex5 products
- Convenient parking locations

@ FLEX5CLT:





## Nutrition Partner



We are the first team in the Charlotte area to invest in a partnership with the authors of internationally recognized Whole9 Program and authors of New York Times best seller book *It Starts With Food* to empower you to eat the foods that make you feel and look good.

## Flex5 Corporate Wellness Programs

Our corporate wellness program is an investment toward optimizing employee health, giving them a positive mindset and the strength they need to achieve their lifestyle goals while increasing organizational productivity and providing the best return on your investment.



## Workshops

Your passion for learning has inspired us to create exclusive on-site health workshops and seminars. Explore cutting edge research and hands on demonstrations tailored to match the Flex5 pillars of wellness. Each workshop and seminar is taught by a Flex5 professional or a partnered health practitioner.

## Wellness Retreats

An all-in exclusive 7-day immersion program focusing on putting the 5 pillars of Flex5 Method to work. Available for private and executive corporate retreat bookings and customized to your needs. \*Ask us how you can earn a free trip to our next retreat!



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1 Charlotte Gov Center: 974 Spaces  
Central Parking: 877-717-0004

2 426 E Trade St: 110 Spaces  
Preferred Parking: 704-375-6014

3 406 E 4th St: 229 Spaces  
Preferred Parking: 704-375-6014

4 400 E 4th St: 227 Spaces  
Preferred Parking: 704-375-6014

5 Queen City Lot A: 154 Spaces  
Preferred Parking: 704-375-6014

6 Queen City Lot B: 154 Spaces  
Preferred Parking: 704-375-6014

7 First Baptist Church: 353 Spaces  
Preferred Parking: 704-375-6014

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The Flex5 Training Method is a holistic approach to wellness, targeting five specific components: strength, conditioning, flexibility, nutrition, and spirituality. These five pillars play a different yet crucial role in helping you attain your desired fitness and wellness goals, leading to a happier, more balanced life.

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