



Good Bodies Fitness and Wellness is pleased to partner with Duke Realty to provide exciting services for the Atrium II Fitness Center. Located in Dublin, Good Bodies has been a premier provider of fitness and wellness for Central Ohio since 1994.

Personal fitness training at the Atrium II facility is offered in several forms to meet your needs:

- **Personal training**- both 50 minute and express half-hour sessions are available, individually or in packages.
- **Group training**- for 2 individuals working together. A great option for those of you who enjoy the motivation and team work of exercising with others. You'll save money as well!
- If you are up to the challenge of fast paced workouts using different equipment and techniques, try our **Strength Circuit Class**. Your instructor will keep you motivated and fresh with routines that are constantly changing and challenging.
- If you are new to the Fitness Center, or an existing member needing a refresher, we'll be holding **Equipment Orientations** to help you get the most from your workouts.

For more information, please visit our website at www.goodbodiesfitness.com and click on the Duke Realty/ Atrium II Fitness Center tab. You can contact us directly by phone at (614) 889-2282, extension 83, or e-mail at info@goodbodiesfitness.com. We'll be happy to set up a complimentary consultation on how best to approach your exercise program. We look forward to helping you!