



Corporate Fact Sheet

SERVICES:

In-Home Health & Fitness Services including:

- ◆ Personal Training
 - Personal Yoga Training
 - Personal Pilates Training
 - Pre/Post Natal Training
 - Senior Fitness Training
 - Marathon Training
 - Aquatic Training
 - Kids' Fitness Fun
 - Group Training & Classes
- ◆ Licensed Massage Therapy
- ◆ Nutrition Consultations

STRATEGY:

To provide in-home health & fitness services assisting individuals in finding work-life balance and living healthier, more productive lives.

CUSTOMER BASE:

Provides in-home health & fitness services to clients in the Chicagoland area of all ages and fitness levels.

FOUNDED:

Fall 2006

WEBSITE:

www.escape2fitness.com

KEY CONTACTS:

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Escape 2 Fitness is an In-Home Personal Training, Massage Therapy, and Nutrition Consultation company.
