



CUSTOM FITNESS SOLUTIONS FOR EVERY SPACE

fitnessondemand247.com

WHO WE ARE

Discover how you can transform your facility into a welcoming space where everyone can stay active and feel included with our fitness solutions.

Whether you oversee a small community space or manage a large-scale facility, we offer solutions designed to fit your space and meet your unique needs.



OUR VALUE

We offer the most comprehensive holistic wellness and engagement platform that delivers personalized, accessible experiences for every member's passion, ability, and lifestyle.

DELIVER TANGIBLE IMPACT

Build your bottom line



EMPOWER CUSTOMER ENGAGEMENT

Give members the content and tools to do more of what they love



AMPLIFY YOUR BRAND

Offer 24/7 experiences putting your brand in front of members inside and outside the gym.





PRODUCT OVERVIEW

Build Your Ideal Fitness Experience

Enhance your member experience with a suite of solutions that drive member engagement and retention.





UNLIMITED CLASSES, ON-DEMAND

Create more value and engage members with classes at any time without hiring more instructors.

- Active Aging
- Cardio
- Core
- Cycling
- Dance
- Elliptical
- HIIT
- Joint, Stress, & Pain Relief
- Kickboxing
- Meditation/Breath
- Rowing
- Strength
- Stretching
- Treadmill
- Yoga/Barre/Pilates
- Youth





OVER 1,200 CLASSES

Access 24/7 premium content for all skill levels, trends, and equipment from top fitness brands.



SCHEDULING & PLAYLISTS

Pre-schedule classes and create custom playlists with workouts, Circuits, idle screens, and more—tailored to your criteria.



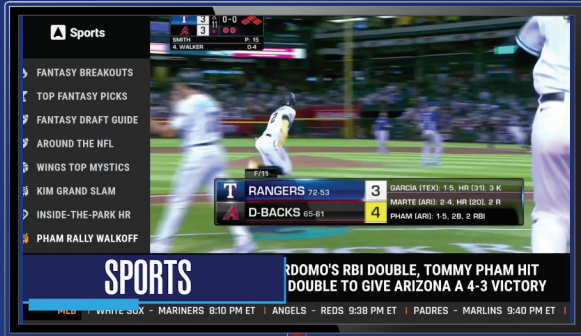
PLUG-IN AND PLAY

Simply plug in our media hub to begin set-up on the kiosk and instantly expand your offerings.



ENHANCE YOUR EXPERIENCE

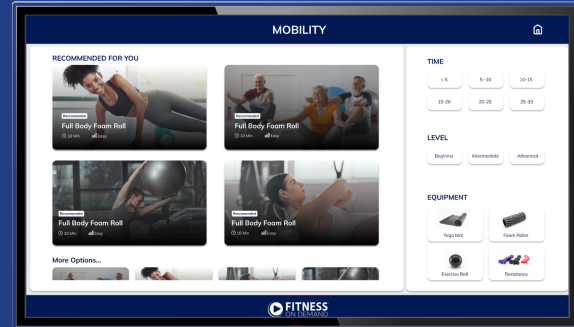
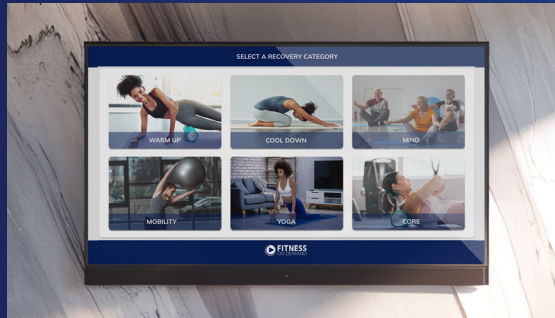
Prevent cancellations with scheduled, automated classes and keep content fresh while supporting staff and community connections.



TO ENTERTAIN, INSPIRE AND ENGAGE

Create an engaging, immersive visual experience on any screen in your shared spaces.

- Provide packaged sports, news and wellness TV to any of your in-gym TV screens.
- Add announcements, promotions and ads into rotating, automated TV content.
- Activate every under-used screen with premium quality content.
- Reduce admin work with one centralized platform to manage your content on any screen.



Adding a Recovery Station offers 24/7 specialized guidance, with a kiosk featuring 6 pre-set options like yoga, stretching, and meditation, plus the ability to upload custom content.

✓ SEMI-CUSTOMIZABLE FOR USERS

✓ FULLY CUSTOMIZE BRANDING

✓ BLUETOOTH CAPABILITY

✓ UPLOAD CUSTOM CONTENT



Lead in fitness innovation with our watch app by seamlessly integrating with members' devices and your facility.

- Smartwatch Compatibility
- Comprehensive Stats
- Real-time Display
- Geofencing
- Device Integration

NEARLY
400 MILLION
GYM-GOERS USE WEARABLE FITNESS TRACKERS

APPROXIMATELY
1 IN 5
ADULTS USE A SMARTWATCH

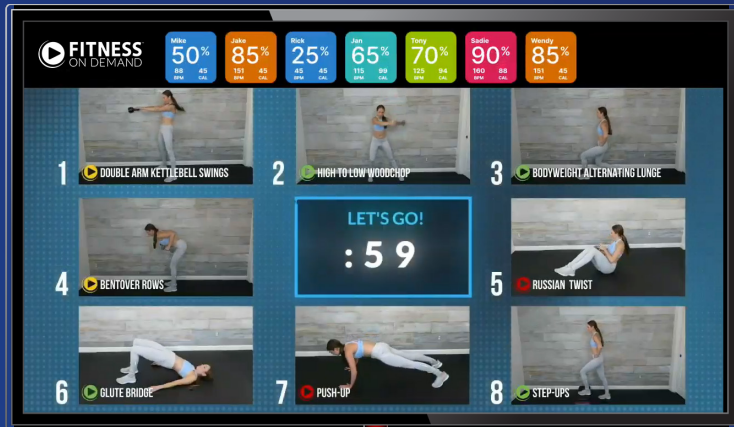
HEART RATE TRACKING IS
TOP 3 MOST USED
FEATURES IN FITNESS WEARABLES

OVER
75% OF WEARABLE
DEVICE USERS
SYNC DATA WITH HEALTH APPS





SELF-GUIDED CIRCUITS AT ANYTIME



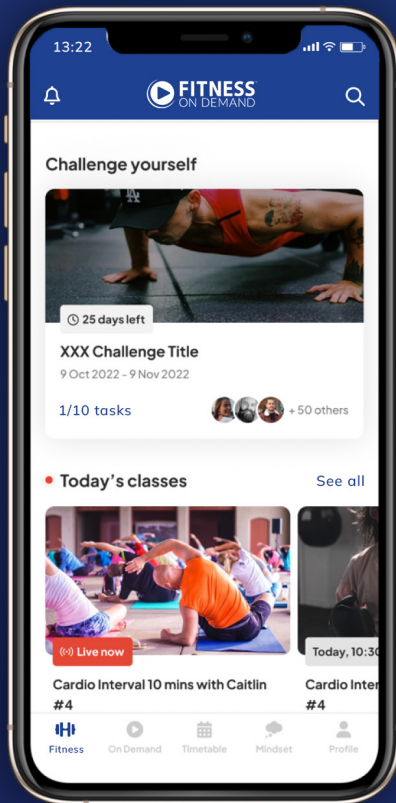
Access 75+ pre-designed circuits for a self-service workout. Mix with TV, on-demand classes, signage, or custom playlists.

- 90 ready-made daily circuits to offer members something fresh every day.
- Energize free-weight and open-workout spaces with engaging, guided exercises.
- Auto-play circuits let members jump in, jump out and workout at their pace.
- Minimal equipment, maximum engagement.



FULL WHITE LABEL

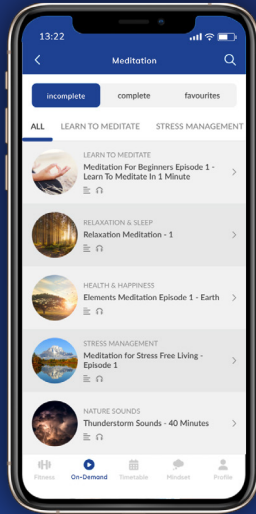
Empower your members with your branded Flex App, offering a complete suite of tools and features to enhance their fitness journey and keep them engaged - all at the touch of their fingertips.



The Flex App is designed to provide a personalized and interactive fitness experience, helping your members achieve their goals while staying connected to your facility at home or on-the-go.

FEATURES

- Over 1,200 On Demand Classes
- Challenges
- Programs & Custom Workouts
- Milestones and Badges
- Workout Logs & History
- Automatic Gym Visit Tracking
- Health App Integration

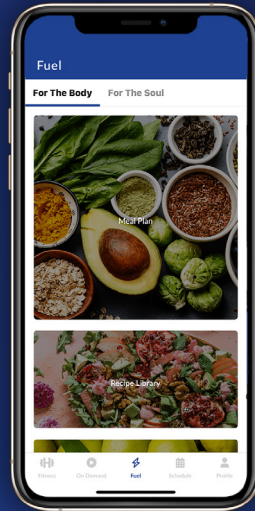


FUEL FOR THE SOUL

Meditation

Health habit articles

Podcasts



FUEL FOR THE BODY

Personalized meal plans

Recipe library with favorites

Shopping list functionality



PERSONALIZED TRAINING

Achieve success with one-on-one training features designed to help your members and staff excel.

- Check in with members and connect on days they don't have a session scheduled.
- Create a plan with members to stay on track to reach their goals.
- Send members notifications to stay informed for challenges, goals, updates, and more.

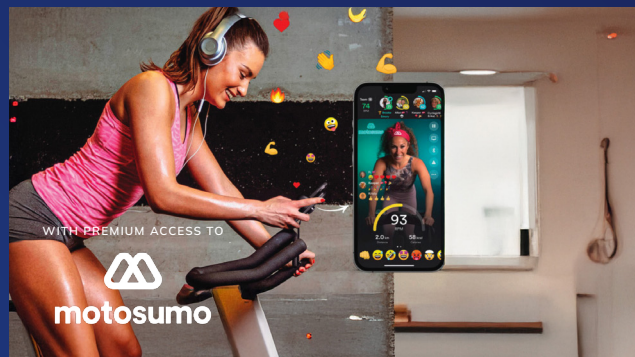
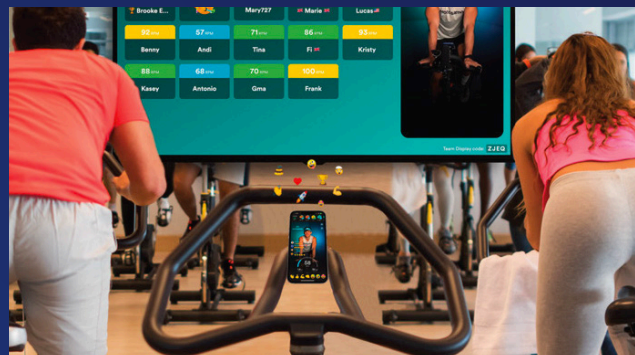


Bring live cycling to your facility with Motosumo, integrated via the Flex App and Group Studio.

- Join expert-led classes from around the world.
- Up to 10 live cycling classes daily.
- Engage with real-time interactions.
- Send emojis for instant motivation.
- Connect with a global cycling community.

TURN ANY BIKE INTO A SMART BIKE

Members can join live cycling on any bike using the Flex App, tracking real-time stats like RPMs to stay motivated. This transforms your facility into a high-energy fitness hub.



A full-page photograph of four athletes in a gym setting. From left to right: a man in a grey tank top holding a dumbbell, a man in a black tank top with arms crossed, a woman in a black tank top with arms crossed, and a man in a black long-sleeved shirt with hands on hips. The background is a blurred gym interior with blue and grey tones.

POWER YOUR PERFORMANCE



GET IN TOUCH

For more information or to schedule your free fitness consult, reach out to us by:

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