

SPENGA®

spin • strength • yoga

THE. BEST. WORKOUT. EVER.



20 MINUTES OF **SPIN**



20 MINUTES OF **STRENGTH**



20 MINUTES OF **YOGA**


SPENGA is the first studio of its kind to put equal focus on all three pillars of fitness - cardio, strength, and flexibility. In one 60-minute workout, we combine 20 minutes of spin, strength and yoga.

SPENGA GAHANNA

4904 Morse Rd. Gahanna, OH 43230

614.245.3554

gahannaoh.spenga.com/intro-offer-strength

 @spengagahanna

SPENGA HILLIARD

4686 Cemetery Rd. Hilliard, OH 43026

614.363.2722

hilliardoh.spenga.com/intro-offer-strength

 @spengahilliard

CITY OF COLUMBUS EMPLOYEES:

ENJOY 2 FREE WEEKS

Can only be redeemed at one studio

DISCOUNTED MEMBERSHIP PRICES

Must provide valid employment and/or photo ID to be eligible

• CONTACT YOUR LOCAL STUDIO FOR MORE DETAILS •