

MELROSE FIT CRAWL  
SATURDAY • AUGUST 2

**movement**  
  
**matters**  
IN MELROSE

COMMUNITY CONNECTION COLLABORATION





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# WHAT IS THE FITNESS CRAWL

The Melrose Fitness Crawl is a fun, energizing community event that gives you the chance to experience multiple local fitness studios in one exciting day! Think of it like a fitness “pub crawl” — but instead of bar hopping, you’ll be studio hopping!

You’ll get to sample different workouts, meet awesome local trainers, and find what styles of fitness you enjoy most — all while moving your body, meeting new people, and supporting small businesses in the Melrose area.

Whether you’re new to working out or already have a solid routine, the Fitness Crawl is a great way to shake things up, get inspired, and maybe even find your new favorite place to sweat.

## What to Expect

A schedule of mini-workouts (30 minutes each) at multiple participating studios  
Pick a *max of 3 locations* to visit (15 minutes of travel time between each stop)

A welcoming, no-pressure vibe (all fitness levels welcomed)

Giveaways, raffles, and special offers

A fun and interactive experience right in your own community!

Grab a friend (or come solo and meet new ones), wear your workout gear, bring a water bottle, and get ready to move through Melrose one workout at a time!





# WHO IS INVOLVED

***FITNESS  
TOGETHER***

***barre  
& soul***  
YOGA STUDIO



**fit life**  
mind • body • soul

**btone**  
FITNESS  
MELROSE



**HINGE**  
STRENGTH & CONDITIONING





# FITNESS CRAWL

## A BIT ABOUT US!



### FITNESS TOGETHER

Melanie Flynn is the proud owner of Fitness Together Melrose, she started working for FT in 2007 and purchased the Melrose location over 3 years ago! Fitness Together is a private personal training studio dedicated to helping clients gain muscle, lose weight, and feel their best. With a strong focus on injury prevention and personalized coaching, Melanie and her team provide one-on-one and small-group training tailored to each client's unique goals. At Fitness Together, the mission is simple: deliver expert guidance, unwavering support, and a welcoming environment where clients can build strength, confidence, and lasting results.

Jenny Sheehan is the owner of btone FITNESS Melrose, Middleton and Lexington. Our workout is an approachable hybrid of Pilates-inspired movements & strength training, delivered in a 45-minute, joyful flow that packs a serious punch. Our custom-engineered reformer is sleek, solid, and exceptionally well made. It's built with YOU in mind, no matter your size, shape, or experience level. Our routines have a yoga-like flow for a seamless 45-minute experience, and even slight changes to resistance levels and body position can transform your workout. Our instructors are rigorously trained to offer modifications and challenges for every move to help you make the most of your time on TONEy.



### BTONE



### BARRE & SOUL

Barre & Soul this is more than a workout, we're a sanctuary for Self Empowerment. We believe in the transformative power of physical movement. Our sessions will encourage you to channel your spiritual energy, harness your courage and strength, and step into your truest self. The Barre & Soul community is all about inclusivity, empowerment, and community love. Whatever your fitness or energy level, we've got a class for you! Candlelit evening yoga, high-energy super sculpt with DJ-caliber playlists and 45-minute lunch hour barre,—we've got you covered!

# FITNESS CRAWL

## A BIT ABOUT US!



### NIRVANA JIU JITSU

Hi, I'm Adam Principato, owner and head instructor at Nirvana Brazilian Jiu Jitsu in Melrose. I've been training in Jiu Jitsu and Judo for over a decade, and opened Nirvana to create a space where people of all backgrounds can challenge themselves, grow stronger, and find calm under pressure. Our gym offers Brazilian Jiu Jitsu and Muay Thai classes for all levels—focused on skill, discipline, and community. Whether you're looking to get fit, learn self-defense, or just try something new, you're welcome here.

The Y is committed to improving the health, nutrition and well-being of people in our community. When you are with the Y, it gives you access to much more than the gym, it connects you to a health movement that looks to create a profound impact on fitness, disease prevention, and adherence to a healthy lifestyle, all to better the overall health of our region. The Y offers health, nutrition and wellness programs including group exercise classes to provide support and motivation to help you reach your health goals.



### MELROSE YMCA



### HINGE FITNESS

Our culture at HINGE is built on community, connection and functional fitness through strength training. We find that these key elements will create a sustainable environment that drives lasting success. Our team is dedicated to help you move better so you can live better and be happier. We're excited to offer a range of personalized fitness and nutrition programs designed to help you achieve your health goals! Whether you're looking for one-on-one personal coaching, structured group classes, or a comprehensive nutrition plan, we've got you covered. Our mission is to help you succeed. We are so excited to see what we can do together.

# FITNESS CRAWL

## A BIT ABOUT US!



**FIT LIFE**

Jenine Wright is the founder of Fit Life, a passionate practitioner with over 30 years of experience in the industry. As an exercise physiologist and nutrition educator/practitioner, Jenine has worked with a diverse range of clients, from Olympic athletes to everyday individuals, guiding them toward their optimal health and wellness goals.

Fit Life believes in a holistic approach that nurtures the physical, mental, and spiritual aspects of well-being. Fit Life's team of experts, all with industry-leading credentials and a shared passion for living their best lives are committed to providing the highest quality training and education, never compromising integrity for trends. Our offerings include a variety of group fitness classes, personal training, Pilates reformer, open gym, infrared saunas, nutrition coaching, and whole health coaching. Fit Life has been in Melrose for 17 years and has built a strong supportive community that truly feels like family.

Stephanie oversees operations for the 300-member Chamber, including administration, finances, communications, marketing, government relations, board relations, and volunteer management. She is responsible for leading and executing the Chamber's four signature community events, as well as its monthly networking events.

The Chamber is the largest organization in Melrose dedicated to increasing economic activity through engaged membership, special events, and the advocacy of business-friendly policies and practices.

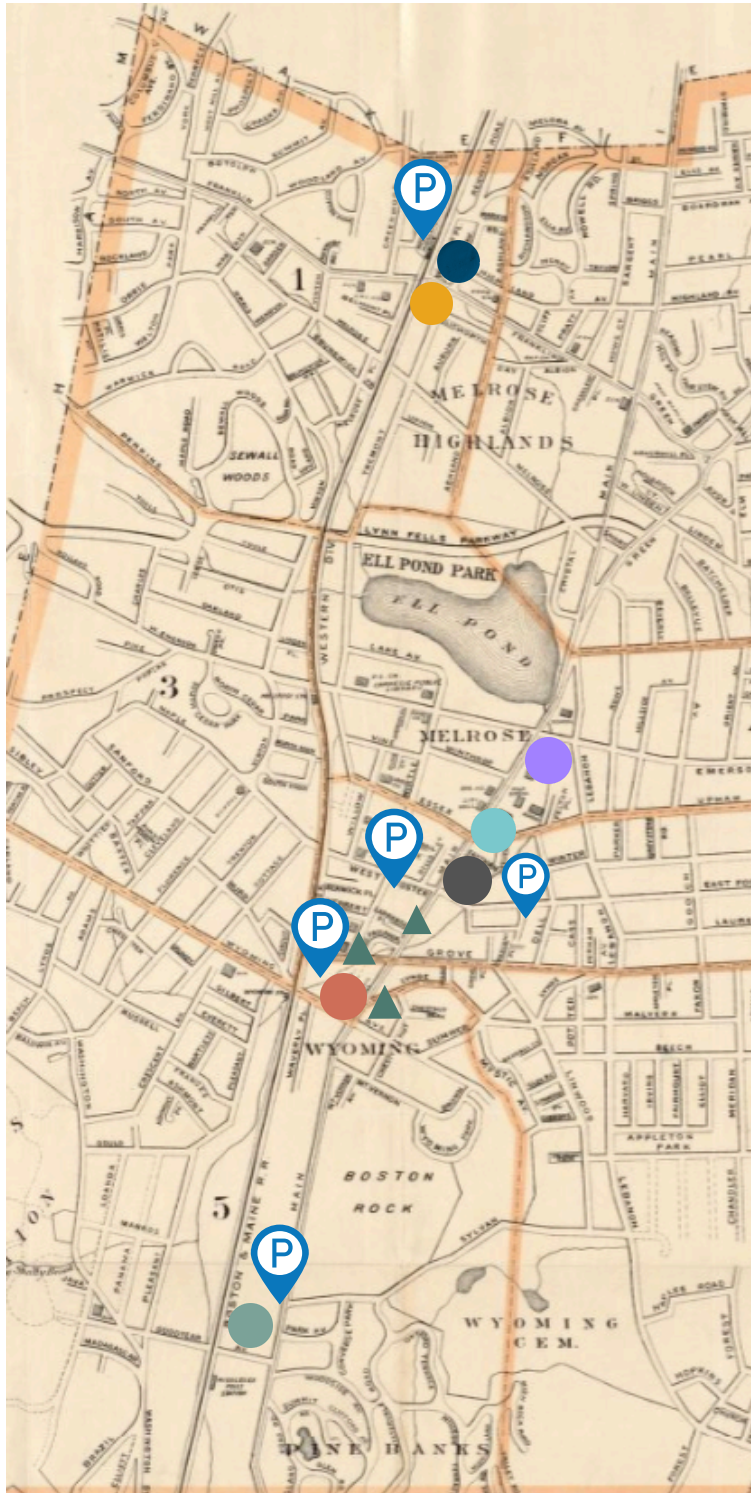











**CHAMBER OF  
COMMERCE**



# FITNESS CRAWL

## CRAWL MAP!



-  Barre & Soul  
466 Franklin St.
-  Fitness Together  
445 Franklin St.
-  Nirvana Brazilian Jiu Jitsu  
645 Main St.
-  btone  
511 Main St.
-  YMCA  
497 Main St.
-  Fit Life  
22 Corey St.
-  Hinge  
18 Oak Grove Ave
-  Hannah's Brewery  
Planted Organic  
Marathon Sports
-  Parking Lots



# EXPERIENCE

# OUR SERVICES

## ***What to Expect at Each Location***

Take a moment to read the class descriptions offered at each participating location. You can choose up to three stops! Each session will be 30 minutes long, with 15 minutes of travel time between each one.

All fitness levels are welcome! We're proud to offer a diverse lineup of classes, representing a wide range of styles and approaches to fitness.



**FITNESS  
TOGETHER**

### > **FITNESS TOGETHER**

This 30-minute session will cater to beginners and advanced lifters. It starts with dynamic mobility work to prep the body, followed by power and core activation drills using diverse movements. A high-intensity strength circuit targets lower body, upper body, core, and conditioning for a full-body workout. We finish with gentle stretching and breathwork to aid recovery.



**btone**  
FITNESS  
MELROSE

### > **BTONE FITNESS**

Clients will receive an overview of our customized reformer (lovingly referred to as "TONEy") and be guided through our signature TONE class. Our signature TONE class will bring you through a unique series of zero-impact, joint-loving exercises; this 45-minute class hits every muscle in your body! Our focus is on slow movements that enhance mind-body awareness, prevent injury, and—most of all—achieve a deeper burn that will build your strength and endurance.



**barre  
& soul**  
YOGA STUDIO

### > **BARRE & SOUL**

This special session offers a welcoming introduction to the Barre & Soul Method. We'll begin with a chance to meet your instructor and get to know each other before diving into a guided, interactive class experience. You'll get a feel for our signature structure—from warm-up to targeted strength segments and stretches—designed to work your entire body. During the class, we'll use a variety of props including light and heavy weights and a small ball to support and challenge your movement.



# EXPERIENCE

# OUR SERVICES



## > FIT LIFE

We're excited to welcome you to a special 30-minute edition of our Fit Camp class during the community Fit Crawl event! This high-energy, circuit-style workout is designed for everyone — whether you're just starting your fitness journey or looking to challenge yourself in new ways. You'll move through a variety of stations featuring cardio, strength, power, stability, and mobility exercises — all at your own pace, with plenty of encouragement along the way.



## > NIRVANA BRAZILIAN JIU JITSU

15 minutes of Brazilian Jiu Jitsu (BJJ) — Learn how to use leverage, technique, and strategy to control and submit an opponent. BJJ is a full-body workout that builds strength, endurance, and problem-solving skills—great for self-defense and fitness. 15 minutes of Muay Thai — Get introduced to the "Art of Eight Limbs," where you'll practice powerful strikes using punches, kicks, knees, and elbows. This high-energy session will improve your coordination, speed, and confidence.



## > MELROSE FAMILY YMCA

ZUMBA class! "Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Get ready to sweat in this easy to follow, super effective, Latin style dance workout."



## > HINGE FITNESS

We will guide you through a full body warm up followed by movement instruction for a 10 minute strength session comprising a lower body and upper body movement. We will focus on the mechanics of each exercise and how best to modify it for your needs. We will then move into a 10 minute full body conditioning workout that will elevate your heart rate and make you sweat. This workout may look different for everyone as we will personalize it to everyone's individual needs. Finishing with a 5 min mobility and stretch session before we celebrate all your hard work.





# EVENT

# BREAKDOWN

## Details of Event

- Date: Saturday, August 2nd (single day event)
- Time: 1pm-4pm
- Duration at each stop: 30 minutes
- Travel time: 15 minutes

## Break Out of the Day

- Stop 1: 1:00 - 1:30 pm
- Stop 2: 1:45 pm - 2:15 pm
- Stop 3: 2:30 - 3:00 pm
- Stop 4: 3:00 pm - 4:00 pm (Hannah's Brewery)

## How Participants Sign Up

### **Step 1:**

Participants will register through the Melrose Chamber of Commerce website under the Events section. They'll provide their contact info and submit a \$35 payment.

### **Step 2:**

After registering, they'll receive a SignUpGenius link to choose up to 3 studio locations to attend.

### **Step 3:**

Each individual studio will then email participants directly with the locations specific waiver to fill out ahead of time.



# POST-CRAWL SOCIAL

## Melrose's first brewery and tap room!

After you crush your workouts, join us at Hannah's Brewery to kick back, connect with fellow Crawlers, and enjoy a cold beverage! It's the perfect way to celebrate your effort, share your favorite moments, and unwind.

Stick around for your chance to win awesome raffle prizes from our participating studios and local businesses — you won't want to miss it!



Joining us at Hannah's Brewery we have Planted, Melrose's new organic café focused on wholesome, plant-forward food.

They'll be providing nutritious small bites to help you refuel after your workouts. Planted is all about fresh, flavorful ingredients that support your wellness — the perfect pairing after a day of fitness!

Marathon Sports is your go-to for expert running and fitness gear. Known for their personalized shoe fittings and knowledgeable staff, they're passionate about helping you move comfortably and confidently—whether you're hitting the pavement or heading into a workout.

Stop by their table to check out the latest in footwear, apparel, and accessories for every level of athlete.





A hand with red nail polish holds a wooden letterboard. The board has a light-colored wooden frame and a dark grey slatted surface. The words "THANK YOU." are written on the board in white, uppercase, sans-serif letters. The background is a solid light beige color.

THANK  
YOU.

**OUR**

**SPONSORS**

More to come soon...





**FOLLOW US!**

# SOCIAL MEDIA

Please take a moment to follow us on social media and stay engaged with our content.

## **YMCA**

Instagram: @melrosefamilyymca

<https://www.ymcametronorth.org/locations/melrose-family-ymca/>

## **Nirvana Brazilian Jiu Jitsu**

Instagram: @nirvanabrazilianjiujitsu

<https://nirvanabjj.com/>

## **Barre & Soul**

Instagram: @barresoul

<https://www.barresoul.com/melrose-location>

## **btone**

Instagram: @btonefitnessmelrose

<https://www.btonefitness.com/locations/melrose>

## **Fit Life**

Instagram: @fitlifestudios

<https://www.fitlifema.com/>

## **Fitness Together**

Instagram: @ft\_melrose

<https://fitnesstogether.com/melrose>

## **Hinge Fitness**

Instagram: @hinge\_fitness

<https://www.hingefitness.com>

