

SPENGA®

spin • strength • yoga

 <https://thewoodlandstx.spenga.com>



ALL IN ONE 60-MINUTE WORKOUT



20 MINUTES
OF SPIN



20 MINUTES
OF STRENGTH



20 MINUTES
OF YOGA

- HUGE CALORIE BURN WITH VERY LOW IMPACT.
- A WORKOUT MEANT TO RESTORE THE BODY AND ALLOW FOR A QUICKER RECOVERY.
- SPENGA PROGRAMS ARE BACKED BY SCIENCE AND ARE EVER CHANGING WITH INNOVATIVE EXERCISE SELECTION.
- LED BY AN EXPERT INSTRUCTOR WHO IS WITH YOU EVERY STEP OF THE WAY.
- A WORKOUT MEANT FOR EVERYONE.



EMPLOYEES AT CHEVRON PHILLIPS CHEMICAL COMPANY ARE ELIGIBLE FOR A CORPORATE DISCOUNT!

- JOIN US FOR A FREE WEEK OF AMAZING WERKOUTS!
- RECIEVE A \$10 DISCOUNT IN ANY OF OUR INCREDIBLE MEMBERSHIPS.
- EXPERIENCE A GROUP WORKOUT LIKE NO OTHER!

