



Thank you for your interest in Spurling Fitness.

Here at Spurling we pride ourselves on results-driven programs, in a group or personal training setting. Meaning, each and every time you step foot in the door you will be greeted by a knowledgeable, certified, and friendly coach. We walk you through each and every workout, and take the guesswork out of everything.

Each session you'll have a coach leading you through your personalized workout, correcting form, holding you accountable, motivating you, and of course you'll crack a smile while doing it!

In this folder, you will find a few things to get you started. First off, you'll find information about our services and our culture sheet which goes over what makes us different than a typical gym. In addition, be sure to read through the testimonials from current clients, as well as the teams' bios. Finally, you'll find instructions on how to download our scheduling app where clients can view and schedule all of their sessions.



If you have already joined our family, thank you! If you have not, we look forward to having you a part of our Spurling family very soon. The first step is scheduling a complimentary Success Session where we get to know you, answer all your questions, and set up a plan to get you the results you're looking for!

Contact us today using the information below to get started!

Yours truly,

THE Spurling TEAM



1 Alewife Park Road | Kennebunk, ME 04043 | 207-467-3757  
info@spurlingfitness.com | www.spurlingfitness.com

#### Hours of Operation

Monday-Friday: 5:30am-7:00pm | Saturday: 7:30am-11:30am





## WHAT'S OUR MISSION STATEMENT?

Spurling exists to impact, empower, and change the lives of those who are intimidated by the typical gym environment through strong coaching, continual accountability, a family-like community, and a desire to get 1% better each and every day.

## WHAT'S OUR PHILOSOPHY?

We provide leadership through training. Every client is treated as an equal, and an individual. We tailor every session to your specific needs. We will help your overall wellness, improving your strength, stamina, and mobility. We focus on functional movements - we want you to be able to get up and down off the floor, carry groceries, and feel good while doing so!

## WHAT'S IT LIKE HERE?

What we do here is much different than your typical gym. We guide you through every workout. We are always there with you, pushing you to your potential, and coaching you not just in the gym, but also in life. We welcome you to try us out and meet with a coach to set you up on a road for success.

## WHAT MAKES US DIFFERENT?

We change lives. Plain and simple, we will change your life. This is no BS. We encourage you to read our testimonials online and check out our wall when you come in where our members get to show off their accomplishments! Whether it's for your sport or to move better, feel better, and look good naked, we'll change your life. We guarantee it!



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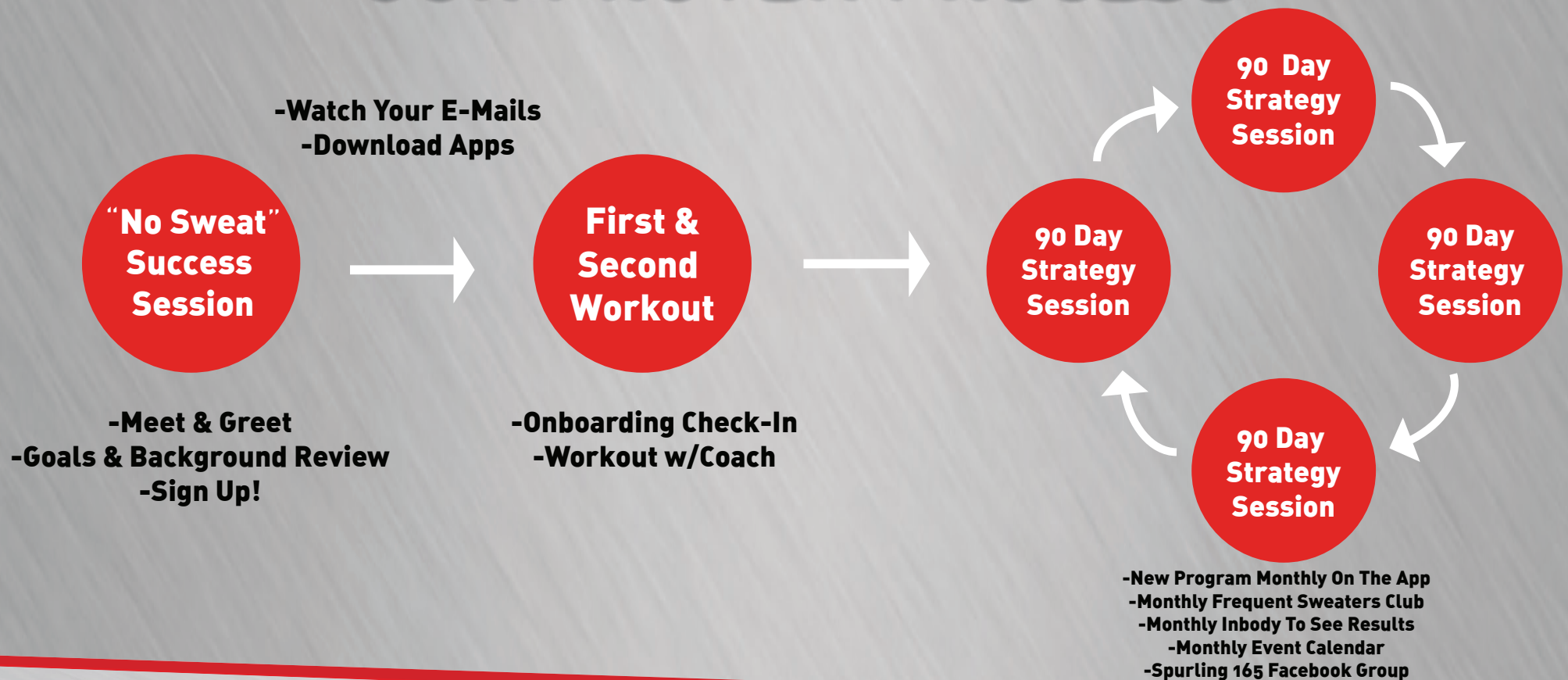






# SPURLING FITNESS

## OUR PROVEN PROCESS



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For more information and complete bios for our team members head to: [spurlingfitness.com/ourteam](https://spurlingfitness.com/ourteam)



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## WE CHANGE LIVES

**“Spurling has something to offer for everyone. Their approach to training and fitness encourages you to push outside your comfort zone and continuously get stronger.”**



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1. GO TO APP STORE
2. SEARCH "MINDBODY"
3. DOWNLOAD APP
4. OPEN APP, CREATE LOGIN
5. SEARCH "SPURLING" TOP RIGHT
6. SCHEDULE & CLICK HEART ICON TO ADD TO FAVORITES



1. RECEIVE AN INVITATION TO JOIN VIA EMAIL
2. RECEIVE 50 BONUS POINTS JUST FOR SIGNING UP
3. EARN POINTS FOR WORKING OUT, REFERRING A FRIEND, AND MORE!
4. REDEEM YOUR POINTS FOR APPAREL, SUPPLEMENTS, OR EVEN A FREE MONTH OF MEMBERSHIP



**Set Up Your dotFit Account Today!**



SCAN ME

1. Scan the QR code
2. Enter your account information
3. Shop for any of dotFit's great products!
4. Recurring orders available so you never run out PLUS you'll get free shipping!
5. Access to the full line of supplements

**PLEASE SIGN UP FOR YOUR SESSIONS AT LEAST 6 HOURS PRIOR TO THE SCHEDULED TIME. ALSO, PLEASE REMOVE YOURSELF FROM A SESSION AS SOON AS YOU KNOW YOU CAN'T MAKE IT IN TO OPEN A SPOT FOR OTHERS TRYING TO GET IN.**



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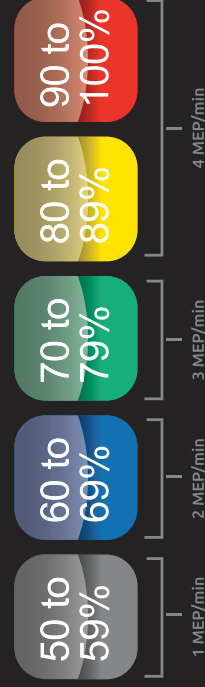
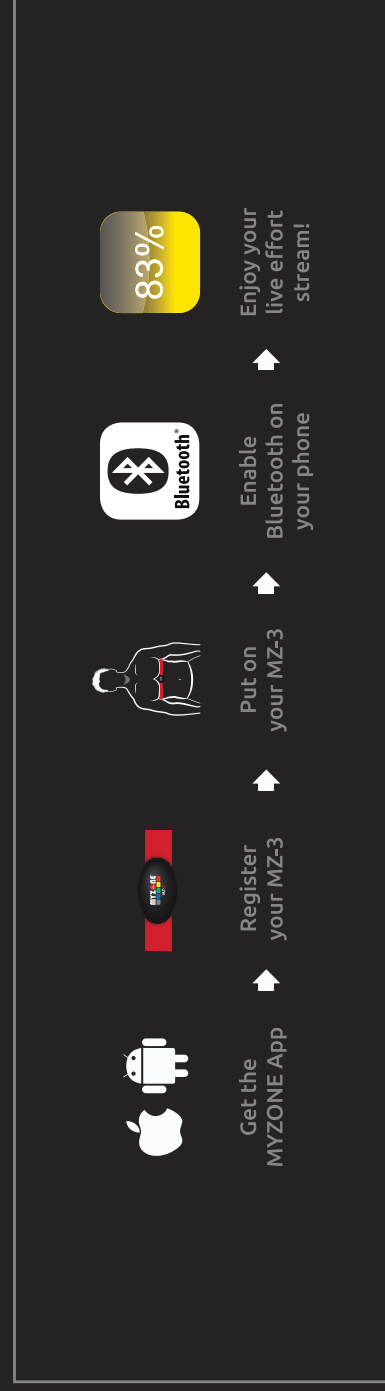






# MAXIMIZE YOUR WORKOUTS.

Track your heart rate with 99.4% accuracy  
Store up to 16 hours of exercise data  
Sync with your phone using bluetooth 4.0  
View your live effort stream on group displays in the gym  
Connect to cardio equipment with Analogue 5.4 Khz and Ant+



MYZONE Effort Points (**MEPs**) are awarded for every minute spent exercising in your personal intensity zones. The more effort, the more MEPs.

**TRACK YOUR EFFORT.  
MEASURE YOUR RESULTS.  
SEE YOUR EFFORT REWARDED.**

**MYZONE.ORG**