

FIGHTING COVID TOGETHER

MAY 23 | A CHARITY LIVE AUCTION EVENT | 7PM

“Home Fitness” Package

Sponsored by Network Bonding and Insurance Services Inc.

(All items purchased from Fitness Town Langley)

A great package to see you through a full body workout! Created to cover your cardio, strength training and recovery. Items in this package were chosen to use as little space as possible in your home. Great for apartment style living!

- **Cybex IC5 Spin Bike with PVC mat**
 - Features Watt rate Power Meter and LCD Computer
 - Low maintenance and quiet operation Poly-V Belt Drivetrain
 - 155MM Q Factor to deliver a more realistic road bike experience
 - Four-way adjustments (saddle height, saddle fore/aft, handlebar height, handlebar fore/aft) to make a perfect fit for all riders
 - Super tough and durable 3X4 bike mat protects your floors and carpets
- **Multi-Purpose Folding Workout Bench**
 - Five adjustable exercise angles from 15° to 65°
 - Compact, lightweight and folds flat for storage. No assembly required!
- **Perfect Surface Cast Iron Kettle Bells**
 - 12KG and 16KG
 - Heavy, compact and durable with a smooth surface and wide handle
 - Helps develop total body strength, power, endurance and dynamic flexibility
- **CAP Fuel Cable Speed Jump Rope**
 - Adjustable and durable cable jump rope will give you a great cardio workout

- GoFit Muscle Hook
 - Unique design allows you to reach tight muscles over the entire body and special hand grips provide the leverage needed for the right pressure for you. Target sore trigger points for a deep tissue massage!
 - Ultra durable heavy-duty one-piece urethane
 - Includes training manual
- GoFit Foam roller (blue)
 - 36" x 6"
 - Great for self-massage and muscle compression
 - Includes training manual
- Exercise mat (black)
 - 2' x 4'
 - Made of PVC leather exterior, 20 density poly-ethylene foam interior
- Polar OH1 Optical Heart Rate Sensor
 - Tracks your heart rate with high quality 6-LED optical heart rate solution
 - Broadcast your heart rate to many fitness apps and Bluetooth-compatible gym equipment
 - Built-in memory can store up to 200 hours of training data
 - Includes USB adapter for charging
 - Waterproof up to 30 metres
- Vibrating Massage Gun
 - Powerful brushless high-torque motor with Quiet Glide Technology
 - 4 interchangeable applications with multi-speed settings for optimal pressure
 - Rechargeable lithium-ion battery makes it cordless and lightweight (2.5 lbs)
- Peloton Digital Membership – *Train at home, at the gym or on the go using the Peloton App! Take Peloton's complete live and on-demand library of classes, including cycling, bootcamp, running, outdoor, strength, yoga and more.*