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# CLUB BUSINESS INTERNATIONAL

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A full-page photograph of a man with short dark hair, wearing a dark grey suit jacket over a light blue button-down shirt. He is looking directly at the camera with a neutral expression. His hands are clasped together in a prayer-like gesture in front of his chest. The background is a plain, light grey.

## A Wellness Devotion

HOLMES PLACE CEO  
JONATHAN FISHER  
WANTS THE WORLD  
TO "LIVE WELL"



**LEBERT FITNESS**

Before members learn to lift a weight, it helps for them to be proficient at moving their bodies. When it comes to functional training, bodyweight training offers unlimited planes of movement and progression. But there are limitations. Enter the Lebert Equalizer! The Equalizer offers a simple way to do pull-ups, incline and decline push-ups, dips, rotational work, agility drills, stretching, and so much more. And best of all it's portable, with no set-up time, so it's perfect for group training.

Contact: 905-785-0626, [LebertFitness.com](http://LebertFitness.com). Please see our ad on page 98. —



**SBT**

The LeanAbolic Fitcamp is an ultimate, full-body conditioning program created by SBT for small-group personal training. LeanAbolic workouts, which are geared toward a group of no more than 10 members, make use of a proprietary combination of suspension and functional exercises, with the focus on working the large muscles through a series of compound movements. This proven, state-of-the-art program will help sell memberships, increase retention, and interest members who are not already using a club's personal training or group training services.

Contact: 954-797-1661, [sbtextreme.com](http://sbtextreme.com). Please see our ad on page 79. —

**CONCEPT2 CTS, INC.**

A true functional training workout includes a variety of exercises that focus on flexibility, balance, strength, and power. Including the Concept2 Indoor Rower in the mix provides these components, adds an aerobic benefit that's hard to beat, and conditions the cardiovascular system as few other machines can. Rowing uses more muscle mass and takes muscles through a wider range of motion than most other forms of aerobic training—a unique advantage. In addition, the Concept2 Indoor Rower offers low-maintenance durability, and is backed by a 2–5 year warranty.

Contact: 877-887-8014, [concept2cts.com](http://concept2cts.com). Please see our ad on page 81. —



**PERFORMANCE DYNAMICS, LLC**

The patented Core-Tex platform, made by Performance Dynamics, provides a truly three-dimensional environment that is versatile enough for balance, core stability, mobility, and metabolic conditioning. Core-Tex delivers an exceptional user experience in a one-on-one or group setting. A complete Core-Tex video library and programming are available, allowing clubs to see why the finest clubs, professional sports teams, and the industry's best trainers are "Core-Texting."

Contact: 619-285-9218, [coretextfitness.com](http://coretextfitness.com). Please see our ad on page 97. —



**SPRI PRODUCTS, INC.**

The SPRI Stediball combines a world-class, slow-to-deflate stability ball with a dynamic material that adds 2.2 pounds of weight to the ball. This stabilizing material moves freely within the ball while a user performs dynamic exercises. When the ball is not in use, the material rests at the bottom to keep the ball from rolling away.

Contact: 800-222-7774, [spri.com](http://spri.com). Please see our ad on page 35. —





# CORETEX™

A REVOLUTION IN REACTIVE TRAINING

The patented motion of the Core-Tex™ creates an environment that is always engaging and never the same.

## The Core-Tex™ is Club Friendly:

- Multiple applications
- Easy set up
- Nearly zero maintenance
- Small foot print
- Stackable
- Powered by gravity
- Backed by world class programming



EXPERIENCE A REVOLUTION IN REACTIVE TRAINING

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