



What's Wrong with this Space? It's Empty! But We Can Fill It.

Torch Fitness by Valet Living sets the standard in wellness by offering custom fitness amenities for multifamily communities.

Instead of your residents having to leave to join a workout session, build a community at your community! Turn your well-equipped but empty fitness facility (or other open space) into a connection-building machine by putting Torch Fitness at the heart of your community. We teach your residents how to work out efficiently, training them on how to use your equipment and activating your previously empty spaces with classes and more. And you know the deal with resident connections: research shows that residents who connect with their neighbors are more likely to renew their leases than those who do not!¹

Torch Fitness brings group fitness classes, training, one-on-one sessions and more right to where your residents live. Plus, we're the only pure-play experts in multifamily fitness, with classes developed for all levels!

Programs Offered

- Abs Blast
- Active Aging classes
- Aerobics
- Aqua Fitness or Zumba
- Boot Camps
- Cardio and Agility
- Circuit and HIIT
- Cycling/Spin Clubs
- Personal Training
- Pilates
- TRX
- Yoga
- Zumba

Strength in Numbers

Torch Fitness has a 98% Fill Rating – our classes go on as scheduled!

Torch Fitness is in 175 Communities and 26 Markets.

A study of participants in group fitness classes around the world revealed that more than 85% of class members visit their facility twice a week specifically to engage in group classes.²

95% of those who started a weight-loss program with friends completed the program.³

Contact us today!

888-323-0018

[ValetLiving.com/Torch](https://www.ValetLiving.com/Torch)



Torch
Fitness by Valet Living™