

# WELCOME

**Verve Advantage is your comprehensive fitness and facilities solution.**

## **Professional On Site Fitness & Wellness Services**

- Personal Training
- Fitness Assessments
- Group Fitness Classes
- Yoga & Meditation
- High Intensity Cross Training
- Sports Clinics & Conditioning
- Fitness & Nutrition Seminars
- Sports Massage

## **Fitness Facilities Management & Design Services**

- Design & Redesign
- Management & Staffing
- Equipment Selection & Maintenance
- Online Class Scheduling & Membership Management
- Personalized Fitness Services
- Diet Delivery Service Location & Vendor Management



*“Michael and his team are very professional and great at adapting to their audience. They are very good at what they do and follow trends while listening to their customers and their personal needs. They always take the time to listen and cater the program to the guest’s expectations and level of fitness.”*

David Bernard  
General Manager  
Four Seasons Hotel

**EXPERIENCE THE**



**VERVE HEALTH & FITNESS**

**703.465.8100**

**VERVEHEALTHANDFITNESS.COM**



## What is the Verve Advantage?

The Verve Advantage is tailored to your Fitness Facility Management needs and use. You will experience the Verve Advantage in:

- Return on Investment
- Increased Occupancy
- Resident & Member Retention
- Lower Management & Maintenance Costs
- Client Satisfaction
- Improved Personal Performance
- Healthier, Happier Guests

*"I am an orthopedic surgeon. I use Verve for all my fitness referrals. This is a class act. A real cut above your typical fitness trainer. I recommend them professionally and personally without reservation."*

Louis Levitt, MD

## Discover the Verve Advantage

Give your members, tenants, employees and guests the Verve Advantage with our best-in-class approach to Fitness Center Management & Design. From initial concept to concierge fitness services, our highly trained and experienced staff will ensure your fitness facility is:

- Designed for optimal use, performance and safety
- Equipped with a smart selection of fitness equipment tailored to your facility and your clients
- Managed & maintained professionally
- Staffed with a full team of the highest quality, consistent and committed fitness professionals, from the front desk to the training floor
- Valued as an exclusive amenity offering a wide variety of the popular fitness classes, personal/group training, and sports conditioning/improvement training your clients want most

## Who We Serve

Verve Health & Fitness has a long history of providing Fitness Center Management, Design and On Site Fitness Services for a wide variety of clients with customized, budget tailored, superior service. We serve clients across the spectrum of Fitness Center Management & Design:

- Commercial Developers & Property Managers
- Hospitality & Residential Properties
- Country Clubs, Golf & Tennis Facilities
- Corporate Partners



**Gulfstream**  
A GENERAL DYNAMICS COMPANY

**POLITICO**



**CXACT**  
A CX SOLUTIONS COMPANY

**Cifro**



**FOUR SEASONS HOTEL**  
Washington, D.C.



**CUSHMAN & WAKEFIELD**

