

ALLN-1[®] MOBILE FITNESS STUDIO[™]



The ALLN-1[®] Mobile Fitness Studio[™] is a portable fitness facility that offers HIIT, Cardio, Strength and custom Boot Camps along with wellness workshops and therapeutic massage, delivered where you want, when you want it!



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TrainChange Fitness

Stand out from other properties by bringing this unique fitness services to your tenants!

Standout from other Properties with our Unique, Mobile Fitness Facility & Personal Training Service

For your tenants that are interested in living a more healthy and active lifestyle, the ALLN-1 Mobile Fitness Studio is a new and exciting way to provide residential and commercial tenants with a wide range of easy access fitness services, while helping build stronger social networks within the property.

The ALLN-1 Mobile Fitness Studio offers tenants 24-hour access to exercise equipment or the services of a professional trainer, without having to leave the comfort of your property. It's a dynamic and convenient fitness solution that allows people to squeeze in a workout to improve their health, increase their energy or just relax, anytime they want.

Our ALLN-1 Mobile Fitness Studio is the first of its kind and enabled by our patented ALLN-1 F2 Training System.



Increase Value by Enhancing Tenant Experience, Improving Engagement and Building Community

We tailor our Services to your Property and Can Even Incorporate your Existing Fitness Offerings

Leverage our expertise and allow us to provide your tenants with fitness programs that are uniquely tailored to your property configurations, and needs of your residents. Our certified group fitness instructors are professionally trained and can design a variety of services tailored according to your property layout.

Free Personal Training Sessions, Group Memberships and Discounted Rates Available

No long-term commitment required. You can arrange to have our ALLN-1 Mobile Fitness Studio on-site for as little as one day or on a month-to-month basis. As an added incentive, we offer complimentary training sessions and discounted group rates.

GET STARTED BY SCHEDULING A MOBILE FITNESS STUDIO VISIT, TODAY!

Residents interested in attending a free training session simply sign up through our TrainChange mobile app or website, and one of our certified trainers will follow up with their request. The trainer will discuss their fitness goals and exercise history then tailor and recommend a Mobile Fitness Studio program just for them. Or if they prefer, they can attend any of our scheduled training sessions. All of this is provided complimentary.

The ALLN-1 Mobile Fitness Studio will begin operating June 2019 to a limited number of areas in the state of Washington (Seattle, Sammamish, Redmond, Issaquah and Bellevue).

You can get started immediately by seeing the variety of workouts we offer, made possible through the use of our ALLN-1 Functional Fitness Bench, RackTraX and other ALLN-1 unique fitness products, at MobileFitnessStudio.com. When the big day comes, your tenants will be ready to hop on board the Mobile Fitness Studio and HIIT the ground running.

For more details call 888-858-7746 or email mfs@TrainChange.com