

## Core Health and Fitness

[www.Corehandf.com](http://www.Corehandf.com)

NAYDO Partners,

I hope all is well during these unprecedented times in our country. I know there are many closures, delays and changes going on throughout your community, as there are across the US.

As our valued partner, we would like to add a little extra value during this time. We created a “**How to Maintain**” your equipment flyer that will have your product in tip top shape when this pandemic subsides. Additionally, we would like to provide your **entire fitness team** with a **NO CHARGE ONLINE Stairmaster HIIT Certification**. The workshop is about 2-3 hours long, all online. Each participant will get the exact same experience, manual and certificate that they would if/when we do a live workshop for you.

As many of our teams are working from home...I hope this provides them with something else they can do...that will provide an extra value to your member experience once everything returns to normal!

Please have your teams:

- Go to [www.Corehandf.com](http://www.Corehandf.com)
- Click on the **Education** drop down tab
- Click on **Online Education**
- Click on the **Stairmaster this is HIIT** workshop and follow the prompts to checkout (they will complete their information).
- When it has a space for a **CODE**. Have your team enter: **HIITPass** and hit apply. The \$129 charge will be removed and the workshop will then be **NO CHARGE** for your entire team!

I hope that the maintenance flyer helps, and your team enjoys the workshop and it adds value to both your team and members when things return to normal!

Thank you again for all you do within your communities, and for your partnership with Core Health and Fitness.

See you soon,  
Heath

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