



YOU'RE INVITED TO PARTICIPATE IN THE EMPLOYEE WELLNESS PROGRAM

LARGE OPEN FACILITY

18,000 SQ. FT. of exclusive Arsenal Strength Equipment
with a 20 ft MMA octagon , 50 yds of turf and much more.

OUTDOOR GYM

Venice Beach style free weight area
exclusive to our Knoxville location

PREPARED MEALS

Tasty & Nutritious meals specially prepared to
fit you goals before or after you workout

CHILDCARE

For your convenience, we also provide
childcare within the facility



PERSONAL TRAINING

Highly skilled certified trainers experienced to
customize programs based on your goals & needs

GROUP TRAINING

Specialized classes uniquely designed by the
pros to achieve goals in a team environment

MASSAGE THERAPY

We have a professional massage therapist
onsite to help with soreness and muscle pain

www.ARSENALSTRENGTHTRAININGFACILITY.com

EMPLOYEE BENEFITS

- Enhance memory
- Gain confidence
- Relieve stress
- Decrease illness
- Sleep better
- Boost energy
- Improve mood
- Strengthen posture

✓ **50% Off Enrollment** ✓ **\$10 Off Monthly Dues**

Limited number of total memberships available. Membership Subject to Change.

Phone: (865) 963-3030

Email: info@arsenalstrengthtrainingfacility.com

Address: 10710 Lexington Dr. Knoxville, TN 37932

Hours: Mon-Fri 4 am-10 pm | Sat 5 am-8 pm | Sun 7 am-7 pm



**ARSENAL STRENGTH
TRAINING FACILITY**