

Progressive Insurance

Progressive Fitness Centers
Outdoor Fitness Programming



County Council
District # 6



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Progressive Fitness Centers



Special Outdoor Fitness Events

Mudder Mornings

- A 12-week, intense, outdoor, all-weather conditions training program for various mud- and obstacle races!

Snow Bells

- A class that builds *snowmentum* in a winter wonderland! This outdoor, in-the-snow kettlebell class challenges participants in multiple ways!

Category: Fitness

Year Started: 2012

Location: Progressive Fitness Centers and SOM Center Campus; Austin TX Campus; Colorado Springs Campus

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Outdoor Group Fitness Classes

- Large group outdoor training classes that utilize all aspects of nature and the parks, from hills and trees, to the fitness equipment on the trails to improve strength, speed, stamina, and camaraderie amongst peers!

- Metabolic Conditioning
- Sport Cardio
- Boot Camps
- Kettlebells
- TRX Suspension Training
- ViPR

Category: Fitness

Year Started: 2011

Location: Progressive Fitness Centers and SOM Center Campus; Austin TX Campus;

Colorado Springs Campus



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Run @ Work Day Scavenger Run

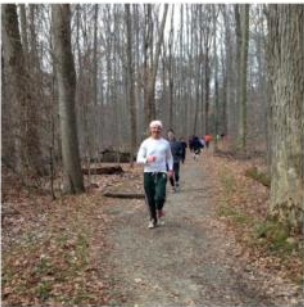
- An annual 2-3 mile event that sends teams of 4-6 participants on a running expedition of the Mayfield Village campus and parks to find clues and complete fitness challenges!

Endurance Insurance 5k run & 1 mile walk

- A fun and friendly springtime race utilizing the MetroPark trails and paved paths to encourage fitness during the workday!

Thanksgiving Turkey Trot 5k run & 1 mile walk

- This festive, fall 5k run and 1 mile walk gets people out enjoying the change of seasons in the park and on the trails!



Category: Fitness:
Running events

Year Started: 2012

Locations: Progressive
Fitness Center, Progressive
SOM Center Road
Campus, Mayfield Village
Parks

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Fitness Field Days!

- An afternoon of team-based activities reminiscent of your grade school field day!
 - Tug-of-war
 - Water balloon toss
 - Relay races
 - Fill the bucket

Category: Fitness

Year Started: 2013

Location: Progressive Fitness Centers and SOM Center Campus; Mayfield Village Soccer Fields

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