

Exhibit A



FITNESS SHOULD OPTIMIZE YOUR BODY.

Training for a marathon, prepping for the Big Day, finding your way back after baby, or like all of us, getting older? Fitness needs vary over time and the older you get, the more diverse your fitness needs to be. At Henry Street Fitness, we make sure all parts of your body work in perfect tandem for whatever you want to do at whatever age you want to do it.

Our goal is to get your body strong, your mind focused, your heart pumping, your joints moving freely, and your pain non-existent. This body has a new energy and vitality. You can trust this body. It is as strong as it can be for as long as it can be. It has been optimized and outfitted for the long haul.

OPTIMIZATION = PILATES + STRENGTH TRAINING + STRETCHING + CARDIO

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OUR STUDIO

FITNESS SHOULD BE A PLEASURE. It should be intense, effective, complete, and safe. Cardio, core work, stretching, and yet you're in and out in under an hour. You look great. You feel great, stronger, more flexible, more sculpted. Your friends see the results.

Henry Street Fitness is not a chain. There are no TVs, no cell phones, no waiting for equipment or jockeying for space at the barre, no herds of spinners, no teachers screaming into a microphone from a memorized script.

Clients get personal attention from master teachers certified by the most rigorous programs. It's friendly. It's for men and women, for beginners and athletes, with no atmosphere of intimidation or competition.

DOWNLOAD ANDROID APP



DO PILATES

We believe true body strength is the kind you can count on to do all the things you love without getting injured. And that it always starts with your core and radiates outward.

We offer classical Pilates on the Tower. Our Tower classes are leveled from beginner to advanced so your practice is ever-challenging and always evolving. We are at our best in a class when we breakdown an exercise one person is struggling with, for the benefit of the entire group.

No one gets left behind. Our repertoire is endless because even the teachers never stop learning.

NEW CLIENT SPECIAL



ADD STRENGTH, STRETCH, SWEAT

You can do Pilates every day of your life for the rest of your life and should. But we know you also want to accomplish great things with your body, the least of which is to age gracefully and healthily. We got you. Get the body you want that does what you want at any age.

Henry Street Fitness also offers targeted STRENGTH-training classes, STRETCH classes to increase flexibility and range of motion and classes with cardio interval training.

It comes down to this: Abs of steel. Strengthen the right muscles efficiently and properly. Get your heart rate up. Be safe, be corrected and be off.

<https://www.henrystreetfitness.com/>, captured 10/14/19

KEEP GOING,
YOU ARE
GETTING
THERE.

Henry's Fitness Center

Sports & Recreation · Business Service

Like Save Suggest Edits ...

Unofficial Page Is this your business?

5.0 5 out of 5 · Based on the opinion of 2 people

About



Address 14940 Highway 28
Whitwell, Tennessee 37397

41 likes 204 visits

Photos



Near Henry's Fitness Center

REVIEWS

Do you recommend Henry's Fitness Center?

Yes

No

Betty Bundi recommends Henry's Fitness Center. January 15 ·

work outs are awesome and there is good customer service

Like Comment Share

Sherrie Stamey Rogers reviewed Henry's Fitness Center — September 27, 2015 ·

Like Comment Share

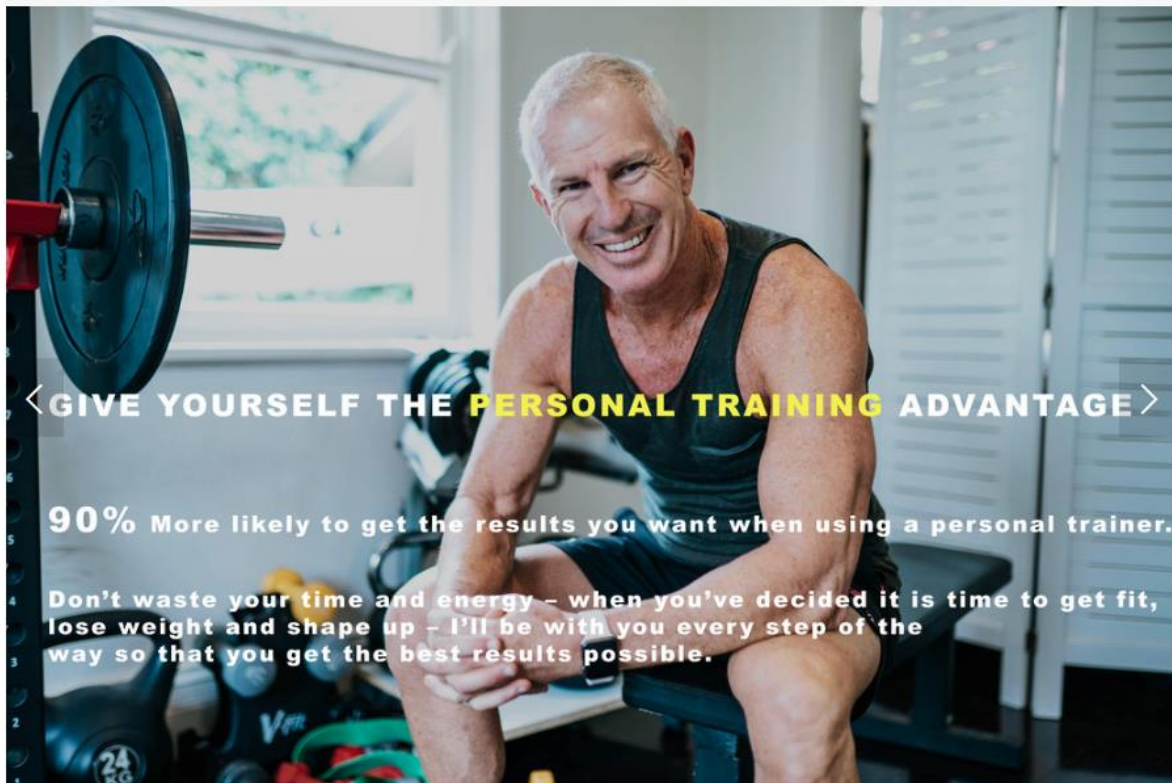
Write a comment... 📷 📺 📹 📺

Posts about Henry's Fitness Center

Sherrie Stamey Rogers is at Henry's Fitness Center. September 26 at 5:29 PM · Whitwell, TN ·

Working out with this HOTTIE!! 🔥🔥🔥

<https://www.facebook.com/pages/Henrys-Fitness-Center/176562325695265>, captured 10/14/19



<https://www.martinhendryfitness.com/>, captured 10/14/19



Henry's Personal Training: Body Rezolutions
@BodyRezolutions

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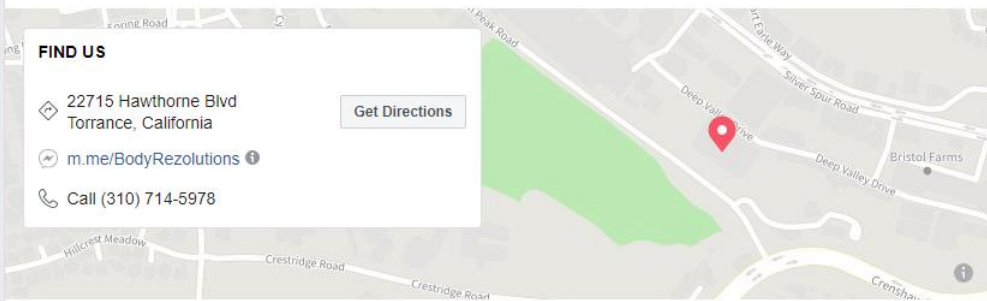


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FIND US

22715 Hawthorne Blvd
Torrance, California [Get Directions](#)

m.me/BodyRezolutions

Call (310) 714-5978

HOURS

Open Now 5:00 AM - 9:00 PM

BUSINESS INFO

Business Details

Parking Street and parking lot parking

Price Range \$\$

ADDITIONAL CONTACT INFO

bodyrezolutions@gmail.com

MORE INFO

About
Let's make the rest of your life, the BEST of your life!
I help my clients Lose fat, Gain muscle, Tone up, and Change their mental mindset towards fitness

Fitness Trainer · Health/Beauty · Gym/Physical Fitness Center

https://www.facebook.com/pg/BodyRezolutions/about/?ref=page_internal, captured 10/14/19



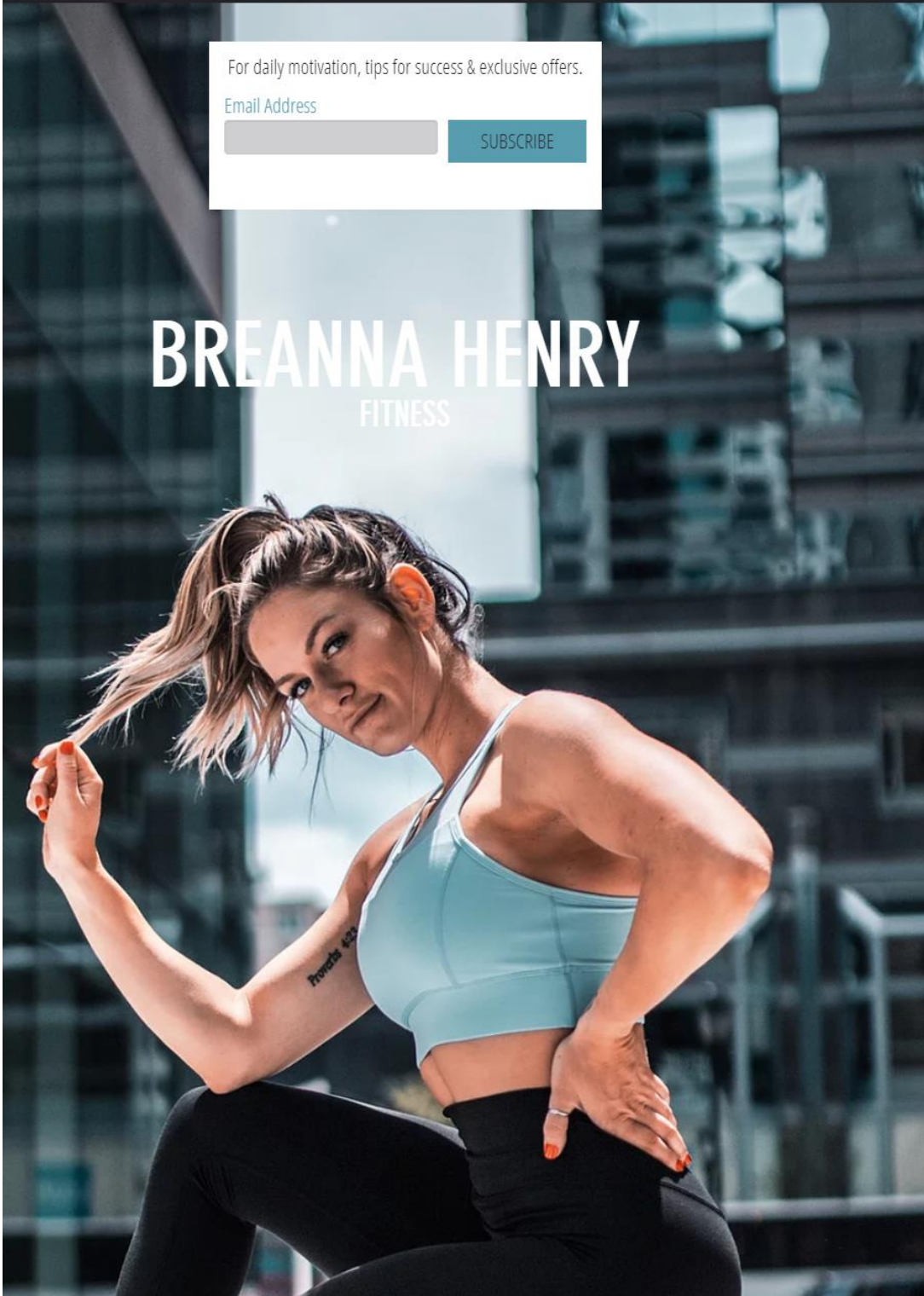
For daily motivation, tips for success & exclusive offers.

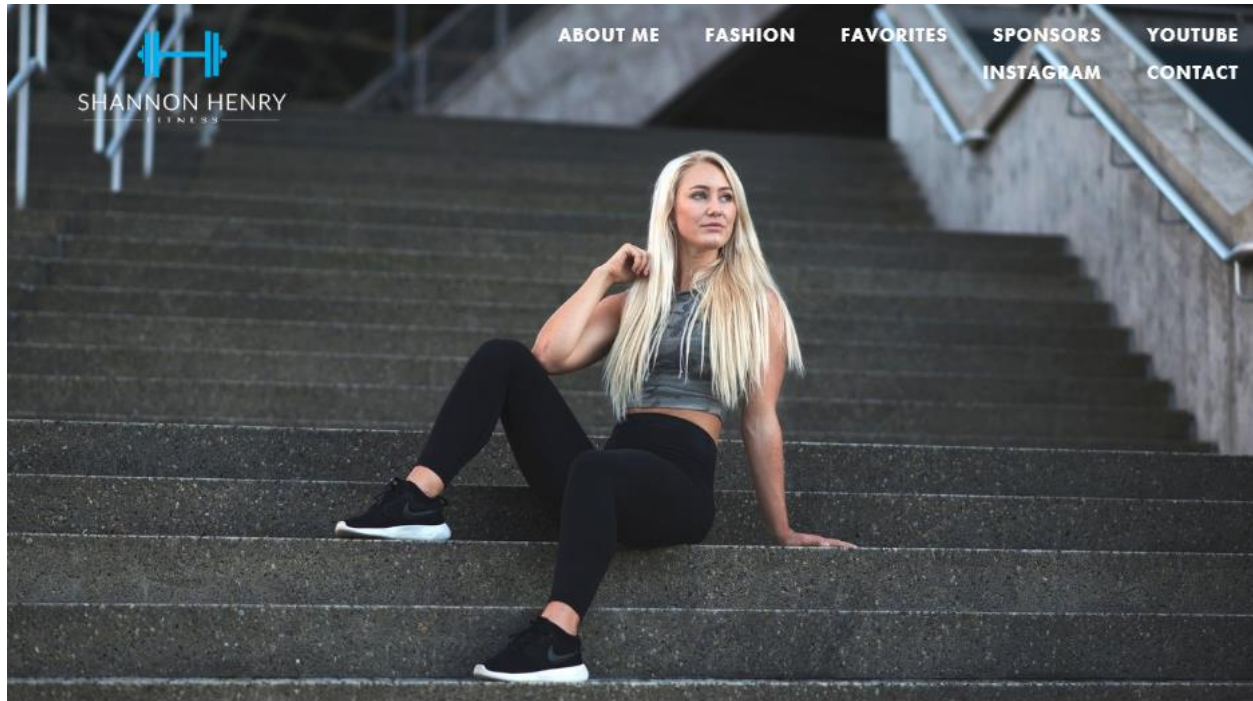
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FITNESS

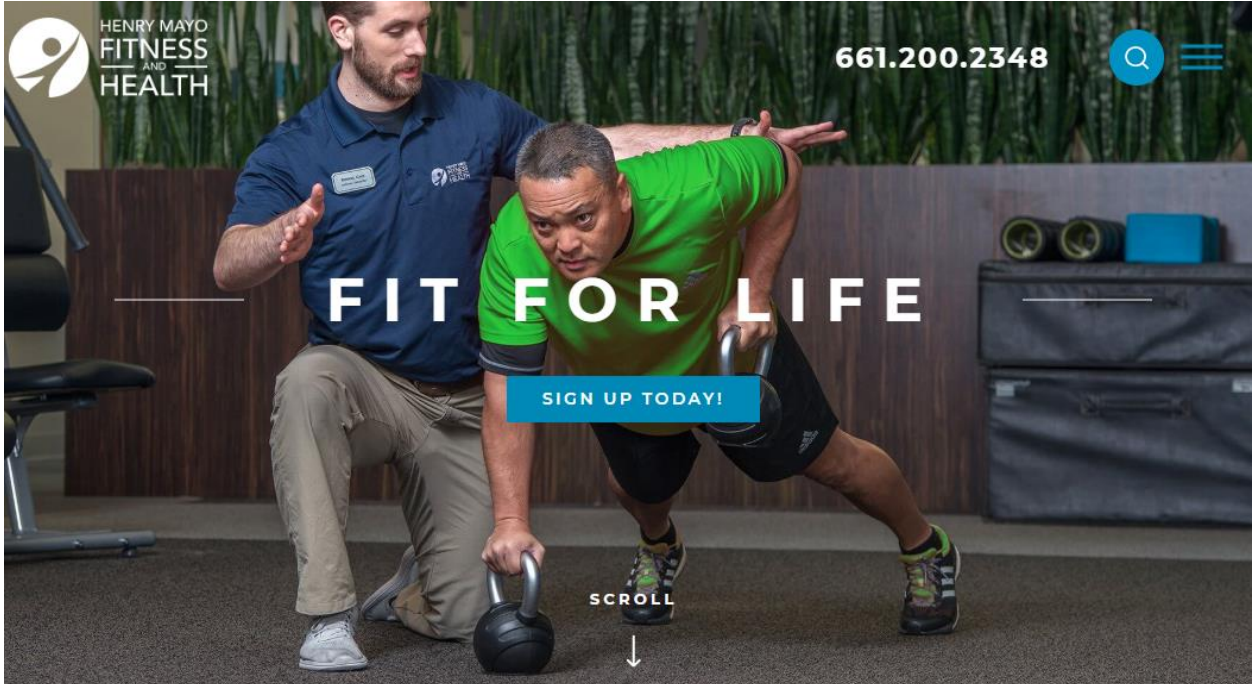




Welcome to my site!

My name is Shannon Henry and I am a 26 year old girl with a passion for fitness, fashion, and living life to the fullest! I am currently a NASM Certified Personal Trainer living in the beautiful state of Colorado. When I am not creating content for Instagram and YouTube you can catch me in the gym lifting weights, going on coffee dates with friends, scoping out the best Mexican restaurants, exploring the great outdoors, or shopping! I like to spread positivity and to not take life too seriously. I think a person's smile is their best accessory so I love making people laugh and feel good about themselves.

<https://shannonhenryfitness.com/>, capture 10/14/19



SANTA CLARITA'S PREMIER FITNESS CENTER

At Henry Mayo Fitness and Health, our state-of-the-art facility offers a wide range of services and amenities. Whether you are looking to improve your overall health and wellness by taking one of our high-impact cardio classes or have recently suffered an injury and are looking to restore your balance and mobility, our team is here and ready to assist you.

Unlike many fitness centers that only offer basic gym amenities, we offer personal training and physical therapy. Our family-friendly facility also offers child care and a range of activities for members of all ages.

<https://www.henrymayofitness.org/>, captured 10/14/19



Martin Henry Fitness Trainer

5.0 ★★★★★ (1)

1 employee 41 years in business

About this pro

I've been teaching exercise classes for almost 40 years. My Abs, Thighs and Buns program has inspired thousands of fitness professionals from all over the world. Often imitated never duplicated. My teaching methodologies are based in D.E.T. (direction, explanation and technique). I owned and operated the Martin Henry Fitness Studio in West Hollywood, California from 1990-1998. Early in my career I was a master instructor at the Voight Fitness and Dance Center. Working closely with Karen Voight, I was featured in the best selling poster Definition and I was featured on the cover of American Fitness Magazine. Additionally produced and starred in several Billboard top ten exercise video's. The Abs, Thighs and Buns Formula and the Hollywood series for Wood Knapp Entertainment. Today I teach class on the lot at Warner Bros. Studio's in Burbank California and I personally train clients in their home.

What to expect next?

Answer some questions

Tell this pro about your needs

Get a free quote

Know your total cost before hiring

Hire when ready

Review the details, and securely hire on Lessons.com

Contact this Pro

It's free, with no obligation to hire.

<https://lessons.com/ca/burbank/personal-training/martin-henry-fitness-trainer>, captured 10/14/19

Call Pat or Karl on : 016616195

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Pat and Karl Henry
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Unlike the bigger gyms, we provide service and attention, helping you to get the best results. Our market advantage is the fact that we provide real service and get real results, no fads, no gimmicks, just real results that last. If you are a personal training client or a gym member, we feel that you will get the most attention, guidance and knowledge possible. Due to our hands on approach, it will be a unique gym experience that no other gym can offer.!

ADD A LITTLE FITNESS TO YOUR LIFE!

No matter what your goal, our fitness team will help you to achieve it!.....Yours in health,

Pat Henry

NO FADS, NO GIMMICKS JUST REAL RESULTS!

DOWNLOAD OUR RECIPES

GYM MEMBERSHIP

<http://www.henryfitnesscentre.com/>, captured 10/14/19



Burnout to Balance

8 WEEK PROGRAM

APPLY NOW

Are You Ready to Gain True Balance and Freedom?

I help women find lifelong balance in their fitness journey while still eating the donuts and enjoying a social life outside of the gym.

<https://www.jessicahenryfitness.com/>, captured 10/14/19

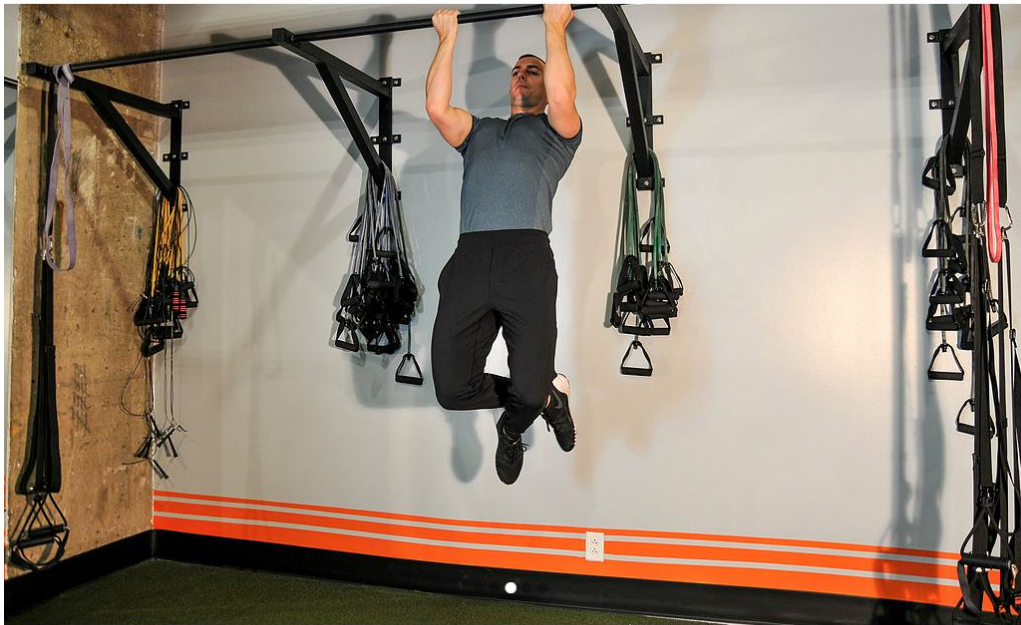


Empowering body + mind + soul through movement and strength.

Move better. Feel better. Live better.

ALL FITNESS LEVELS WELCOME

<https://www.michellehenryfitness.com/>, captured 10/14/19



Henry Halse

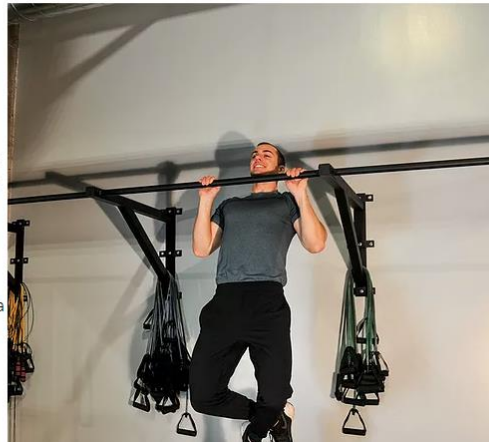
As seen in:



About Me

My name is Henry and I'm a personal trainer and freelance writer in New York City. I have a degree in Clinical Exercise Science and eight years of experience training everyone from retirees to professional athletes.

If you'd like to learn more about fitness, explore the articles and videos tab on the menu. If you'd like to hire me for personal training or writing, please fill out a contact form at the bottom of the page. You can also read my blog to find out more about me and my philosophy on fitness.



<https://www.henryhalse.com/>, captured 10/14/19

about us

FitnessWorks is Detroit's premier downtown health club. Located in the heart of the New Center neighborhood we not only provide our members with the tools to achieve health and wellness but we also provide a sense of community that is second to none.

As part of the Henry Ford Health System our mission is to provide all of our members with inspiration through movement, community and personal attention.

find your drive

It doesn't matter if you're on your first test drive or a fine tuned classic at FitnessWorks we have exclusive programming and facilities to fit all levels no matter your level of skill

*Click on any of the below images to learn more

Patrick Henry

[804.798.0057](#)

[Hours](#)

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[Directions](#)

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Patrick Henry Family YMCA

Located on Ashcake Road, the Patrick Henry Family YMCA has been serving the Ashland community since 1989.



About

Programs

Schedules



Basketball Is Here!

The colder weather is not far away, but you can still play basketball all winter long in our YMCA Basketball Leagues.

[Register Today](#)



Find Your Fit

No matter where you are in your fitness journey, the YMCA can help!

[Find Your Fit Today!](#)



Swim F.I.T.

Swimming Fitness and Instructional Training. The program will follow progression plan design focused around their personal growth through building on skills, technique, and physical endurance each week.



HealthRidge Wellness

Wellness Services > HealthRidge Wellness

Rediscover Fitness

Exercise is one of the best ways to improve your health, help lose weight, and improve your overall mood. Research shows that weekly aerobic exercise may delay or even reverse age-related memory decline.

HealthRidge can help you Rediscover Fitness through a variety of exercise programs (see links to the right), land-based classes, and aquatics in our warm water pool. HealthRidge offers medically based programs for the following medical conditions:

- Arthritis
- Asthma
- Back Pain
- Cancer
- Depression
- Diabetes
- Fibromyalgia
- Deconditioned
- Heart Disease
- High Blood Pressure or High Cholesterol
- Musculoskeletal Disorders
- Pulmonary Disease
- Chronic Pain
- Neurological Disorders
- Injuries
- Obesity

HealthRidge Wellness

Hospital Employee Wellness

Aerobics

Aquatics

Balance Clinic

Corporate Wellness

Cardiac Rehab Phase III

HealthRidge Hiking Club

New Beginnings

Oncology Rehab

Physical Therapy

Pre/Postnatal Aquatics

Pre/Post Surgery Conditioning

Prescription Wellness

Rock Steady Boxing

SilverSneakers

Sports Medicine

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Outreach & Partnerships

Hours/Contact Us

HealthRidge Staff



Henry Tolstedt

Fitness Specialist

Austin, Texas · 74 connections

[Join to Connect](#)



Cooper Wellness Strategies



Pacific Lutheran University

About

I recently received my Bachelor of Science in Kinesiology from Pacific Lutheran University. I love health and fitness promotion and hope to work with individuals or communities to improve their overall health. I am a personal trainer certified through the American College of Sports Medicine, and had the opportunity to present research at their annual Northwest Chapter Conference in April. I am also a certified Mad Dogg Spinning Instructor. I live fitness every day by training for and running triathlons.

My most recent strengthsquest has indicated that my top five strengths are Relator, Responsibility, Discipline, Input and Focus. I live these, and many more, strengths every day in working with college students and other leaders on campus. My Myers Briggs has shown that I am Introverted, Sensing, Thinking, and Judging. This is demonstrated through my thorough decision-making and efficient work ethic.

<https://www.linkedin.com/in/henry-tolstedt-597b8283>, capture 10/14/19

Wellness Program Offerings

Henry County, OH Patient Services

Below are the current offerings:

Water Aerobics

Aqua aerobics offers a low-impact workout. The buoyancy of water reduces impact on weight-bearing joints like the knees, making aquatic exercise safe for people of all ages and fitness levels. In addition, water helps cool the body more efficiently to prevent overheating and reduce cardiac strain.

Cardio Drumming

Beat workout boredom with this new fitness trend. Cardio drumming offers a full body workout for participants of all levels of fitness. Enjoy motivating music, drumming to the beat and a well-crafted fitness routine that is sure to get your heart pumping.

Please see the [Wellness Calendar](#) for full class descriptions, cost of participation, and dates and times of the offerings.

Click [here](#) to find the Registration Form for current class offerings.

<https://www.henrycountyhospital.org/Patients-Visitors/Wellness-Services/Wellness-Program-Offerings.aspx>, captured 10/14/2019

[Campus Life / Amenities](#)

Fitness Center

No membership fees + No commute to the gym = No excuses!

The HFC Fitness Center is conveniently located on campus in the Athletic Memorial Building. Drop in between classes or before you go home for the day. You'll save valuable time because you won't have to commute to a gym. And the best part is that HFC students use the Fitness Center for FREE!

Bring your student ID. Lockers are available, but you must provide your own lock.

Hours during Fall Semester:

Monday: 8:00am - 10:00am, 12:00pm - 5:00pm

Tuesday: 8:00am - 10:00am, 3:00pm - 5:00pm

Wednesday: 8:00am - 10:00am, 12:00pm - 5:00pm

Thursday: 8:00am - 10:00am

Located in the [Athletic Memorial Bldg \(H\)](#)

313-317-4138

athletics@hfcc.edu



Henry Ford College
5101 Evergreen Rd.
Dearborn, MI 48128
[Campus Map](#)
313-845-9600
[Contact Us](#)

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Tweets **30** Following **19** Followers **21** Likes **28**

Follow

Sir Henry Fitness

@sirkijey

A Fitness Model with experience in brands marketing, posing specific attributes many designers, fashion houses & advertisement agencies look for.

Nairobi, Kenya

Joined October 2015

24 Photos and videos



Want to take advantage of all the new Twitter features?

It's simple – just log in.

Log in

Sign up

Tweets Tweets & replies Media

Sir Henry Fitness @sirkijey · 14 Dec 2017
Grind for that muscle
#chestworkout

Sir Henry Fitness Retweeted

Sir Henry Fitness @sirkijey · 14 Nov 2017
It hurts today..But tomorrow it will be your warm !!!
#keepthefiregoing



1

Sir Henry Fitness Retweeted


Sir Henry Fitness @sirkijey · 14 Nov 2017
BACK DAY!!

<https://twitter.com/sirkijey?lang=en>, captured 10/14/19

Henry Ford Allegiance Wellness Center

1100 E Michigan Ave
Ste 104
Jackson, MI 49201

 [Maps & Directions](#)

 Office Phone: (517) 205-4867

The Henry Ford Allegiance Wellness Center provides the convenience of on-site fitness facilities and services for both staff and the larger Jackson community. *It's Your Life* members receive a significant membership discount.

Amenities include:

- 24/7 Access
- FREE group fitness classes
- Locker rooms with showers, dry sauna, and lockers for day use (lockers can be rented for longer term access)
- Free weights, stack-weight machines, treadmills, stair steppers, nu-step machines, stationary and spin bikes, rowers, cross trainers, elliptical machines, etc.
- Blood pressure/pulse check
- CPR-certified staff (staff only available during posted office hours)
- Free, one-on-one equipment orientation session



Membership rates* for Henry Ford Allegiance staff member who are also *It's Your Life* members:

- Staff member only - Annual \$104 or \$4/pay for 26 pays
- *It's Your Life* enrolled spouse (only) - Annual \$234 or \$9/pay for 26 pays
- Family rate (both staff and spouse must be enrolled in *It's Your Life*) - Annual \$338 or \$13/pay for 26 pays

<https://www.henryford.com/locations/allegiance-health-professional-building/wellness-center>,

captured 10/14/19



HENRY'S DYNATORIUM

OPERATION: TOTAL FITNESS

★ HOME

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The most innovative program using the latest cutting edge findings...

A totally unique approach to fitness—different than any program you've EVER tried before!

...Based on INTENSITY not volume...

Intensity is the foundation!

only requires 20 minutes 2-3 times a week!

CALL 234-788-3870 to make an appointment

It's the High Intensity Program (HIT Program) developed by scientists in the 18th century and made popular in this century by Arthur Jones, the inventor of Nautilus Equipment.

- * Slows down aging process
- * Incorporates Strategies to support optimal health
- * Promotes a prioritized system of training
- * Gives athletes the competitive edge
- * Employs the latest in scientific research in nutrition and weight loss
- * Reduces age-related bone/muscle degeneration
- * Improves ability to concentrate and focus -- in people who have hyperactivity, ADD/ADHD

Call 234-788-3870 to make an appointment.

Henry McGhee, Jr.

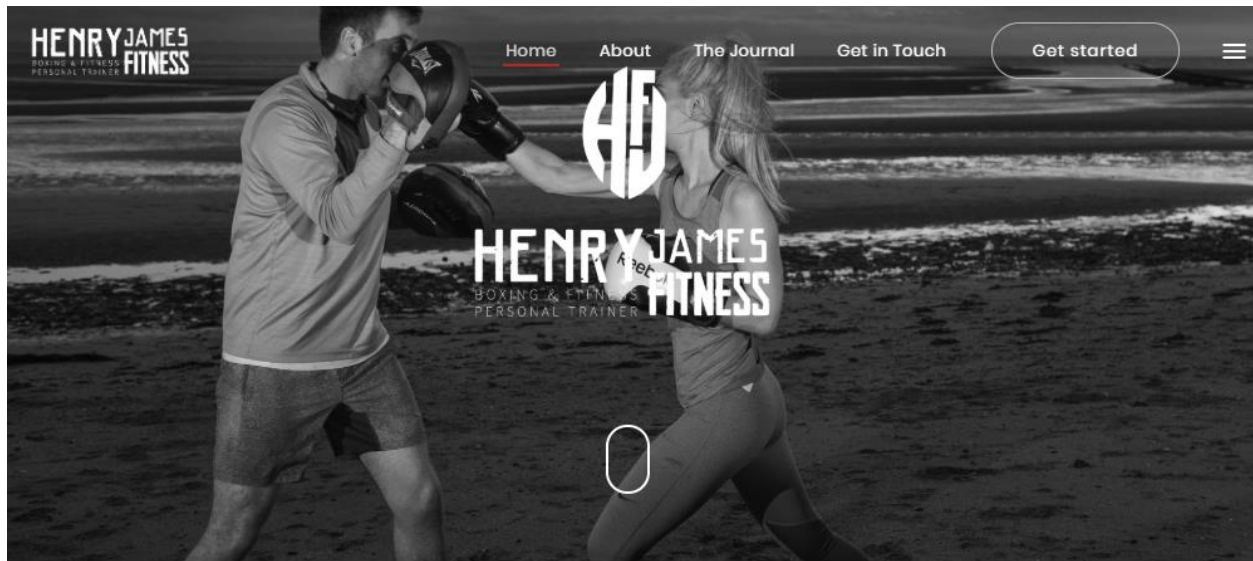
M.S. headcoach, owner

World's first person to start the entire muscle and strength movement with women, teens, kids, and special needs.

He was Associate Physical Director for downtown Canton YMCA. He has been featured in Sports Illustrated and all muscle and fitness magazines. Henry has appeared on local, regional and national newspapers, radio and TV.

2320 26th St N.E. * Canton, Ohio 44705

234-788-3870 * hdynatorium@sbcglobal.net



Define Your Goal

Combining boxing and conditioning you'll get a full body workout which will Burn fat, improve coordination, relieve stress and gain confidence all while having fun.

<http://henryjamesfitness.com/>, captured 10/14/19



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Call +230 5809 6141

m.me/1752658828284222

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Henry Gym provides you a suitable environment with latest models of fitness machines and equipments .Experienced coaches will guide you.
COME AND JOIN US

Coach

https://www.facebook.com/pg/Official-Henry-Gym-1752658828284222/about/?ref=page_internal,
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Patrick Henry Family YMCA ✓
@PatrickHenryY

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Patrick Henry Family YMCA

3 hrs · 🌐

Join me in congratulating our own Patrick Henry Family YMCA member, Julia for losing over 55 pounds! Julia has a goal to lose weight and is eating right and working out to help her meet her goal. They Y has helped her gain confidence on this journey from doing the Women on Weights Team Training program!

If you want to learn more about our available programs here at the Y you can take our Find Your Fit Survey online or see us at the Wellness Desk: www.ymcarichmond.org/find-your-fit/



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Visitor Posts

Bonnie Ellis

August 1 at 9:01 PM 🌐

Patrick Henry YMCA has some amazing staff!!! Including everyone work... See More

1 Like
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Suzanne Wieringo

March 10 at 12:08 PM 🌐

Did all the 6:30pm Zumba classes disappear as well as the weekend Zumba classes? Or is the app wrong??

1 Comment
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Mike Klemen

February 27 at 12:27 PM 🌐

Again there is nothing in the schedule and no posts on the facebook ... See More

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Facebook © 2019

https://www.facebook.com/pg/PatrickHenryY/posts/?ref=page_internal, captured 10/14/19



Henry J. Vais Gymnasium

The Henry J. Vais Gymnasium is named in honor of Henry J. Vais in recognition and appreciation of his outstanding, loyal and meritorious service to the physical education and athletic programs of Morton College.

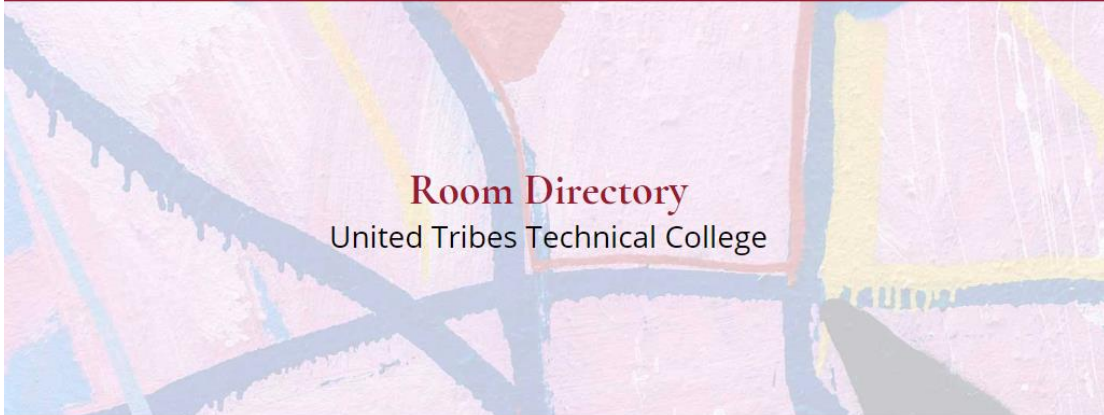
The gym is located on campus, 3801 S. Central Avenue, Cicero.

It is home to our Volleyball and Men's and Women's Basketball teams.

Google Map to [Henry J. Vais Gymnasium](#)



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Phone: 708-656-8000 ext. 2370
Fax: 708-656-3161
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Room Directory

United Tribes Technical College

Capacity:

400

Room Type:

Conference Room

James Henry Gymnasium: Large Gym

Basketball Tournaments (Youth, Adult, Memorial, etc.)

Rental per Day - \$300

Custodial Fee per Day - \$150

Concessions Fee per Day - \$100.

If group serves own concessions your group must get approval and follow catering guidelines on page six.

Gym use Guidelines:

1. Rental includes the use of Gym, 2 sets of bleachers, and 1 table for admission. Area for concessions (if needed and approved), benches for teams, scorer's table and scoreboard.
2. No cans of pop or glass bottles may be served.
3. Rental Fees must be paid in advance.
4. Damage Deposit - \$100

Individual Days of Basketball (Youth, Adult, sanctioned or non-sanctioned)

Rental per Half-Day (1-4 hours) - \$150

Rental per Full Day (5-9 hours) - \$250

Additional Hours (greater than 9 hours) - \$50 per hour

Custodial Fee - \$50

Gym use Guidelines:

1. Rental includes the use of Gym, 1 set of bleachers, scorer's table and scoreboard, 1 admissions table.
2. No concessions may be served on Individual Days for Basketball
3. Fees must be paid in advance.
4. What will UTTC cover for "custodial services" (be available on the day of

<https://uttc.edu/james-henry-gymnasium-large-gym/>, capture 10/14/19



Henry Crown Field House



Photo Gallery

Henry Crown Field House primarily serves as a campus recreation center for students, staff and community members. The varsity indoor track and field teams host meets on the second floor during the winter sports season and the building is also a base for intramural and club sports programming.

Henry Crown Field House was erected in 1932 as a single-story building. It originally served as an indoor practice facility with a dirt infield that was utilized for football and baseball practices. A track encircled the infield and a raised wood floor was used for basketball. In the late 1970s, the second floor was added on to the building and served as the main site of competition for indoor varsity teams.

Henry Crown Field House Rooms and Services

- Fitness center with resistance and weight training equipment
- Cardio hallway with 34 cardio machines (treadmills, ellipticals, rowers, steppers, step mills)
- 200-meter indoor track
- 4 multi-purpose courts for basketball, volleyball, indoor soccer, and tennis
- Astro-turfed multi-purpose room
- 5 squash courts (American-sized with international lines)
- 4 racquetball/handball courts (equipped to accommodate wallyball)

<https://athletics.uchicago.edu/facilities/hcfh/index> captured 10/14/19



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CONTACT



(765) 529-3804

Email Us Directly

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Henry County YMCA

300 Wittenbraker Avenue
New Castle, IN 47362
(765) 529-3804

To contact us directly fill out the short form below.



Facility Hours

Mon-Fri: 5:30 AM-9:00 PM

Sat: 8:00 AM-5:00 PM

Sun: 1:00-5:00 PM

Child Watch Hours

Mon-Fri: 8:00-11:30 AM
& 4-8 PM

Sat: 8:00-11:00 AM

Sun: 1:00-3:30 PM

Pool Hours

Mon-Fri: 5:30 AM-8:00 PM

Sat: 8:00 AM-4:00 PM

Pool closes at 3 pm in the event of a party

<https://www.henrycountymca.org/contact>, captured 10/14/19



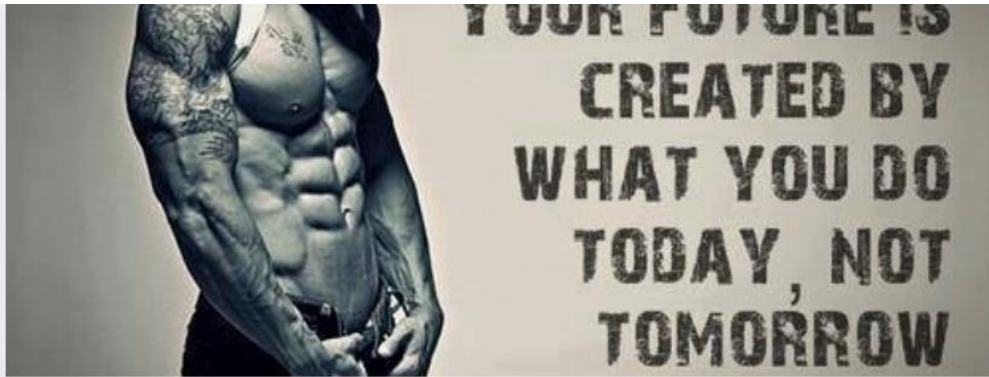
Henry -Fitness
@fittwin2

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Personal Interests
physical fitness . healthy life style through physical exercises . weight training . body weight exercises . sports and clean eating

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FITNESS,WORKOUTS & HEALTHY DIETING. Fitness is achievable regardless of your body size or weight . You can do it. #TooEasy

Coach

https://www.facebook.com/pg/fittwin2/about/?ref=page_internal, captured 10/14/19



Henry Dean Fitness
HQ

@HenryDeanFitness

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CONTACT INFO

m.me/HenryDeanFitness

henrydean93@gmail.com

http://www.henrydeanfitness.com

MORE INFO

About

Thanks for checking my page out. I'm an avid fitness enthusiast with over 7 years training experience. I take an evidence based approach and look forward to sharing content that will get YOU closer to your fitness goals. No BS here. Insta: @henryrdean

Fitness Trainer · Personal Coach · Fitness Model

TEAM MEMBERS

Henry Dean

https://www.facebook.com/pg/HenryDeanFitness/about/?ref=page_internal, captured 10/14/19



Robert Henry
Fitness

@RobertHenryFitness

Home

Reviews

Photos

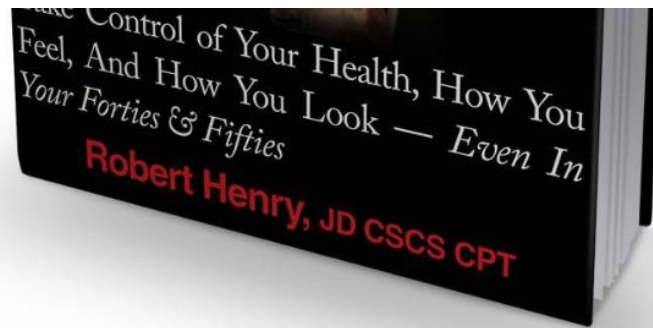
Videos

Posts

About

Community

Create a Page



Follow Share Save ...

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About

Suggest Edits

PAGE INFO

Founded in December 2012

CONTACT INFO

<http://www.roberthenryfitness.com>

MORE INFO

About

Robert Henry, JD CSCS CPT. Numerous fitness/wellness certifications. Attorney, Jet Pilot. Author, "Age Re-Defined", an eBook. www.RobertHenryFitness.com

At 59, Robert Henry, JD CSCS CPT is a Certified Strength and Conditioning Specialist, a Certified Personal Trainer, a Certified Wellness Coach, and holds a... See More

Founding Date

Robert Henry, JD CSCS CPT

Products

eBook: "AGE RE-DEFINED: Take Control of Your Health, How You Feel, And How You Look - Even In Your Forties & Fifties", \$6.99, through all major eBook retail sit... See More

Health & Wellness Website · Sports & Fitness Instruction · Book

STORY




Our Story

Robert Henry, JD CSCS CPT is a Certified Strength and Conditioning Specialist, a Certified Personal Trainer, a Certified Wellness Coach, a Certified Corporate Wellness Coach, and holds additional certifications in Fitness Nutrition and Sports Nutrition. Robert is the author of "Age Re-Defined", an eBook, available at Amazon.com, Barnes & Noble...

See More


https://www.facebook.com/pg/RobertHenryFitness/about/?ref=page_internal, captured 10/14/19



Henry's Fitness Center

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Write a post...

Photo/Video Tag Friends Check in ...


Posts

Henry's Fitness Center July 13 · 🌐

We are here today until 1:00 if you still need to get a key!

Like Comment Share

Henry's Fitness Center July 12 · 🌐



Like Comment Share

Community See All

Invite your friends to like this Page

73 people like this

77 people follow this

About See All

Send Message

Sports & Recreation

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Page Transparency See More

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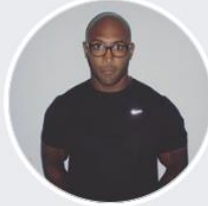
Page created - April 25, 2018

English (US) · Español · Português (Brasil) · Français (France) · Deutsch +

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<https://www.facebook.com/Henrys-Fitness-Center-309358592930356/>, captured 10/14/19




Henry's wellness and fitness
@henryworkout

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Contact Us
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Write a post...

Photo/Video Tag Friends Check in ...

Posts

Henry's wellness and fitness
September 30 at 8:44 AM · 🌐

Had a great time this weekend learned so much being a fitness professional who also deals with shoulder discomfort learning how to test for activation in the rotator cuff has a good way of assessing clients



Community See All

- 👤 Invite your friends to like this Page
- 👍 120 people like this
- 📡 118 people follow this

About See All


- 📞 (832) 884-8360
- 💬 Typically replies within a few hours
[Send Message](#)
- 🌐 tihealthandfitness.com
- 📅 Fitness Trainer
- 💰 Price Range \$
- 🕒 Hours 6:00 AM - 9:00 PM
[Open Now](#)
- ✍️ Suggest Edits

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📅 Page created - February 24, 2017


Team Members

-  Henry Moon

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https://www.facebook.com/henryworkout/?ref=br_rs, captured 10/14/19



Chris "Fitness King" Henry
@globalfitnessatlanta

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Livestream

Posts

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Want abs like this for summer?

SIGN UP TODAY

THE FITNESS KING OF ATLANTA
CHRIS HENRY

FITNESSKINGATL
CDISHAWN32@GMAIL.COM

Follow Share Save ... Send Message

About [Suggest Edits](#)

INTERESTS

Personal Interests
Physical fitness, nutrition, writing, traveling, exercise, weight lifting

CONTACT INFO

Call 404-951-0447

m.me/globalfitnessatlanta

cdishawn32@gmail.com


MORE INFO

About
Global Fitness Atlanta is geared towards helping people achieve their fitness goals everyday.

Gender
Male

Public Figure


https://www.facebook.com/pg/globalfitnessatlanta/about/?ref=page_internal, captured 10/14/19



Becca Henry Fitness

- Home**
- Posts
- Reviews
- Photos
- About
- Community

Create a Page



Follow Share Save ...
Send Message


Create Post

Write a post...

Photo/Video
Tag Friends
Check in
...

Posts

Becca Henry Fitness updated their profile picture.
 May 15 · 🌐



Like
Comment
Share

No Rating Yet

Community See All

Invite your friends to like this Page

About See All

Send Message

Just For Fun · Health/Beauty

Suggest Edits

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📅 Page created - May 7, 2019

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<https://www.facebook.com/Becca-Henry-Fitness-2282422842016928/>, captured 10/14/19



Tara Henry Fitness
@tarahenryfitness

- Home
- Posts
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- Community
- Videos
- About

Create a Page



Follow Share Save ...

Send Message

Health/Beauty

Very responsive to messages

Community See All

- Invite your friends to like this Page
- 243 people like this
- 243 people follow this

About See All


- Typically replies within minutes [Send Message](#)
- mysite.coach.teambeachbody.com/?coachId=17
- Health/Beauty
- Price Range \$
- Suggest Edits

Page Transparency See More

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Page created - December 18, 2018

Team Members


-  Tara Henry

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Posts





Tara Henry Fitness

October 8 at 12:00 PM · 🌐

⋮

The scale hasn't gone down in a couple weeks but the fact I couldn't fit into these running shorts a month ago speaks volumes!

To be completely honest I am a long distance runner and heavy weight lifter at heart. For some reason my body has to be pushed very hard to lose fat. Twenty minute home workouts have never worked for me. Then I got info on a new 6 week program called The Work. It was supposed to be so tough you have to pass a physical test before being able to do it. ... See More

https://www.facebook.com/tarahenryfitness/?ref=br_rs, captured 10/14/19



Henry Suarez
Fitness
@henrysuaresfitness

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Write a post...
Photo/Video Tag Friends Check in ...

Background Story
Established in 2015.
Throughout my life I was always extremely skinny. I'm talking about the skinnies...
See More




See All

Community See All
Invite your friends to like this Page
134 people like this
135 people follow this
5 check-ins

About See All
1900 N Tustin St (1.639.90 mi)
Orange, California 92865
Get Directions
(714) 718-1331
Typically replies within a day
Send Message
djhenryfitness.com
Gym/Physical Fitness Center
Hours 6:00 AM - 9:00 PM
Open Now
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<https://www.facebook.com/henrysuaresfitness/>, captured 10/14/19



Heather Henry
Fitness & Nutrition
@hhenryhealth

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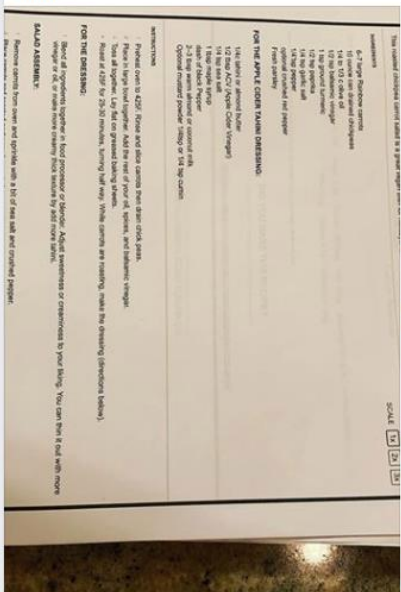
Follow Share Save ...
Send Message



Create Post

Write a post...

Photo/Video
 Tag Friends
 Check in
...

Photos



Community See All

- Invite your friends to like this Page.
- 95 people like this
- 95 people follow this

About See All

- Typically replies within a few hours
[Send Message](#)
- www.beachbodycoach.com/HeatherHenry28
- Community
- Suggest Edits

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Page created - July 19, 2016

Team Members

Heather Danforth-Henry

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<https://www.facebook.com/hhenryhealth/>, captured 10/14/19



Paula Henry
Fitness

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Follow Share Save ...

Send Message



Write a post...

Photo/Video

Tag Friends

Check in

...



No Rating Yet

Community

See All

Invite your friends to like this Page

21 people like this

21 people follow this

Photos



See All

About

See All



(781) 639-0270

Typically replies within a day
Send Message

Gym/Physical Fitness Center · Fitness Trainer

Price Range \$\$

Suggest Edits



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Page created - October 8, 2015

Team Members



Paula Henry


<https://www.facebook.com/Paula-Henry-Fitness-444583775744704/>, captured 10/14/19



**Henry Manning
Fitness**
@henrymanningfitness

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Save
...

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About Suggest Edits

HOURS

🕒 Always Open

CONTACT INFO

🌐 m.me/henrymanningfitness ⓘ

✉️ henrymanning777@yahoo.com

🌐 http://instagram.com/henrymanningfitness


📷 henrymanningfitness

MORE INFO

📌 About
Personal Training by World Champion Natural Bodybuilder Henry Manning offering Nutrition, Fat Loss, Muscle Growth, Athletic Performance etc

🏠 Fitness Trainer

TEAM MEMBERS


Henry Manning

https://www.facebook.com/pg/henrymanningfitness/about/?ref=page_internal, capture 10/14/19



Chrissy Henry
Fitness & Lifestyle
@CWHFitness

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Write a post...



Photos

Do I need to DETOX???

Your furniture and cleaning your bathrooms, the human body needs to be cleaned. To have a diet that includes packaged foods, hydrogenated fats and oils, white flour, and processed meats.

Ind smoke	Fertilizers	Garden pesticides
nes	Dust	Mold
	Animal dander	Electrical devices
cleaners	Photocopiers	Pollution
	Smoke	Heavy metals
is	Dry cleaned clothing	Rain

...of signs and symptoms to signal it may be time for a reliable "body clean" are:

- erience fatigue or low energy levels?
- erience depression or mood swings?
- if sleepy after meals, bloated or gassy?
- erience brain fog, lack of concentration and /or poor memory?
- erience frequent headaches?
- er experience digestive irregularity: constipation, diarrhea, sluggish elimination or less than two bowel movements per day?
- erience indigestion/acid reflux after eating?
- erweight?
- erience recurring yeast infections, jock itch, or foot fungus, frequent congestion?
- er have bad breath or excessive body odor, foul-smelling gas and stools?
- er have arthritic aches and pains or stiffness?
- er have food allergies or skin problems?
- er are on prescription medications, sedatives or stimulants?
- er drink or eat sugar?
- er eat fast food, fatty foods, pre-prepared foods or fried foods more than three times a week?

...answered yes to three or more of the above questions, it may be time to detox.

Arbonne System



No Rating Yet

Community See All

Invite your friends to like this Page
430 people like this
430 people follow this

About See All

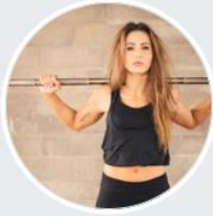
9045910451
Send Message
www.chrissywallis.arbonne.com
Health & Wellness Website
Suggest Edits

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Page created - April 25, 2013

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Louisa Russell-Henry Fitness
@louisapersonaltrainer

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About

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HOURS

Always Open

INTERESTS

Personal Interests
* HEALTHY LIVING *
Nutrition and Fitness

CONTACT INFO

m.me/louisapersonaltrainer

louisa.personaltrainer@gmail.com

MORE INFO

- About**
 - Online Coach - PT : Fitness & Nutrition
 - Qualified Personal Trainer and Nutrition Advisor
 - Focused on helping others live a healthy life
- Biography**

Certified Level 3 Personal Trainer, I also am Certified in :Advanced Nutrition for weight management.

Nutrition and Fitness being my passion, I am dedicated to...
See More
- Awards**
 - Level 3 Certificate - Personal Trainer /
 - Level 2 Certificate - Gym Instructor /
 - Advanced Nutrition for Weight Management /... See More
- Gender**

Female
- Athlete**

https://www.facebook.com/pg/louisapersonaltrainer/about/?ref=page_internal, captured 10/14/19



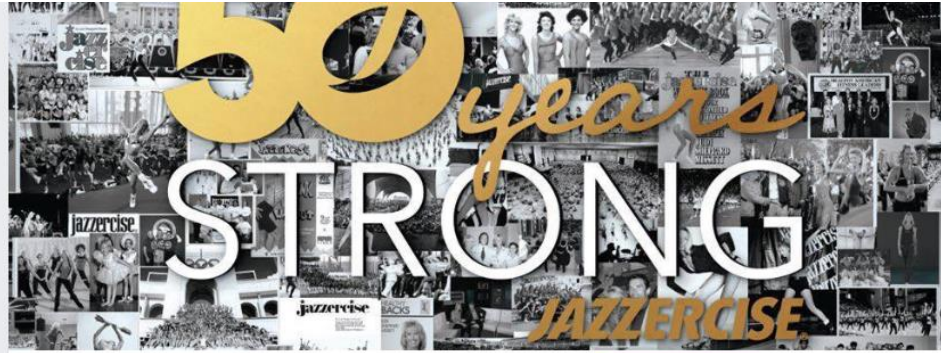
Henry Jazzercise & Fitness Studio

- Home
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- Posts
- Events

About

Community

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Follow Share Save ...

Call Now

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About

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FIND US

523 University Avenue Suite B Henry, Illinois

Get Directions

m.me/313417184585

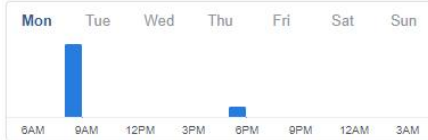
Call (815) 878-5965



HOURS

Closed Now 8:15 AM - 9:30 AM, 5:00 PM - 6:35 PM

Popular Hours



BUSINESS INFO

Business Details

Parking Street and parking lot parking
Price Range \$

ADDITIONAL CONTACT INFO

henryjazzercise@gmail.com
https://jcls.jazzercise.com/facility/jazzercise-henry

MORE INFO

About
Fun and effective workouts DO exist! We offer 12 weekly total body workouts classes, all taught by certified fitness instructor's who keep your workouts fresh & effective. No one has time for boring workouts! Real results for real people.

Tu Th 5:30am EXPRESS (30min)
M W F 8:15am Formats Vary*
M Tu W Th 4:30pm Formats Vary*... See More

TEAM MEMBERS

Mary Chambers

https://www.facebook.com/pg/Henry-Jazzercise-Fitness-Studio-313417184585/about/?ref=page_internal, captured 10/14/19



THE HENRY, AUTOGRAPH COLLECTION

Fairlane Plaza, 300 Town Center Drive, Dearborn, Michigan 48126 USA +1 313-441-2000 4.6 870 Reviews

- Overview
- Photos
- Rooms
- Offers
- Dining
- Fitness**
- Local Area
- Map
- Meetings
- Weddings

Dates

1 NIGHT

Rooms & Guests

< Mon, Oct 14 >

< Tue, Oct 15 >

1 Room: 1 Adult/Room

VIEW RATES

FITNESS



FITNESS CENTER

Hours: 24 Hours, 7 days a week

Equipment and Services

Cardiovascular Equipment

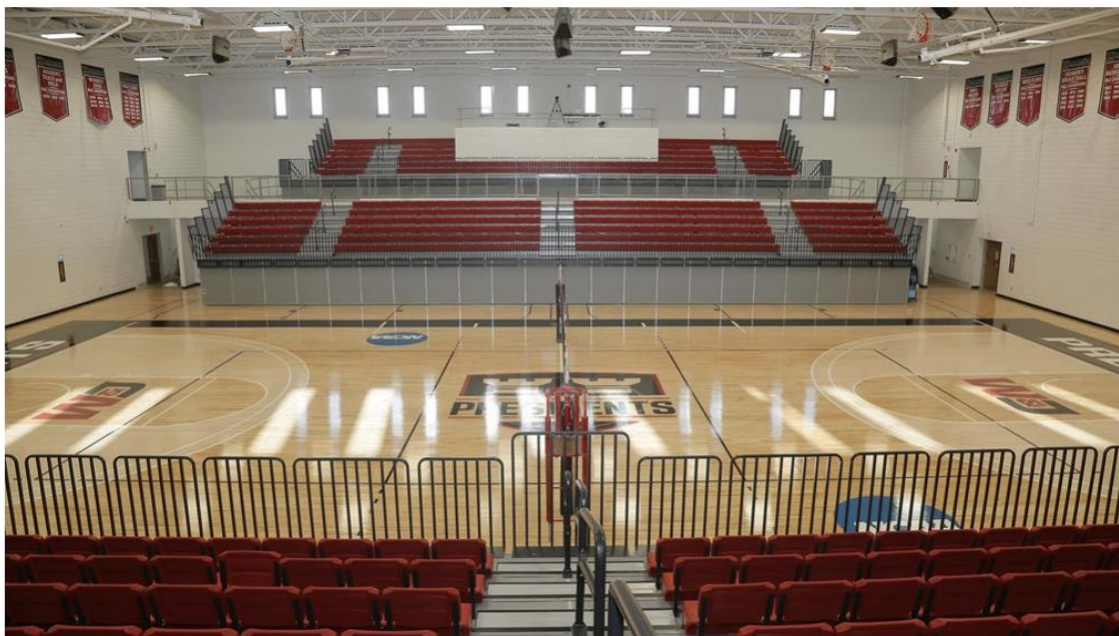
Free weights

Fitness classes: Not Available

Special guest privileges: Newly Renovated state of the art equipment for all

<https://www.marriott.com/hotels/hotel-information/fitness-center/dtwak-the-henry-autograph-collection/>, captured 10/14/19

Henry Memorial Center



The Henry Memorial Center opened on February 6, 1970, and serves as the home for W&J volleyball, basketball, wrestling, swimming/diving and water polo. The Henry Memorial Center houses a performance gymnasium and the natatorium.

Henry Memorial Gymnasium serves as the home site for the wrestling, volleyball, and basketball teams, with a capacity of 2,000 bleacher-style seats.

There is also an auxiliary gym located adjacent to the main court. It has a basketball court with two hoops and has entrances to two handball courts. The third floor has many of the coaches' offices as well as a wrestling practice room. The bottom floor houses the locker room facilities as well as the athletic training room. An equipment room located next to the athletic training room is where the student-athletes have their practice and game clothes washed and stored.

Gym Hours of Operation

Daily: 6:00am – 10:00 pm (Monday - Friday)

Noon - 10:00pm (Saturday and Sunday)

Directions to Henry Memorial Center:

From the North - Take Interstate 79 south to Interstate 70 east/79 south to Exit 20, Beau Street. Exit and bear right around the loop. Turn left at the traffic light and follow Beau Street to the college. Once you are on campus, make right onto Lincoln Street and the Henry Memorial Center will be 300 yards ahead on your left next to the Janet. L. Swanson Tennis Courts.

From the South - Take Interstate 79 north to Interstate 70 west/79 north to Exit 20, Beau Street. Make a left from the exit ramp. Turn left at the traffic light and follow Beau Street to the College. Once you are on campus, make right onto Lincoln Street and the Henry Memorial Center will be 300 yards ahead on your left next to the Janet. L. Swanson Tennis Courts.

From the East - Take Interstate 70 west to Exit 20, Beau Street. Make a left from the exit ramp. Turn left at the traffic light and follow Beau Street to the College. Once you are on campus, make right onto Lincoln Street and the Henry Memorial Center will be 300 yards ahead on your left next to the Janet. L. Swanson Tennis Courts.

From the West - Interstate 70 east to Exit 20, Beau Street. Exit and bear right around the loop. Turn left at the traffic light and follow Beau Street to the College. Once you are on campus, make right onto Lincoln Street and the Henry Memorial Center will be 300 yards ahead on your left next to the Janet. L. Swanson Tennis Courts.

GPS Location: 60 South Lincoln Street, Washington, PA 15301

https://gopresidents.com/sports/2014/1/3/WBB_0103143531.aspx, captured 10/14/19



YMCA of Metropolitan Chattanooga

J.A. Henry Community YMCA

HOME / LOCATIONS / J.A. HENRY COMMUNITY YMCA

(423) 757-0665

615 Derby Street Chattanooga, TN 37404

brush@ymcachattanooga.org

Hours Monday: 8:30 am - 5:00 pm

ALL HOURS



J.A. HENRY COMMUNITY YMCA

YOUTH DEVELOPMENT

BOLD/GOLD

LEADERS CLUB

YOUTH TRUST

YOUTH & CHARACTER DEVELOPMENT

HEALTHY WEIGHT AND YOUR CHILD

YOUTH LEADERSHIP CHATTANOOGA

WESTSIDE YOUTH DEVELOPMENT

EARLY LEARNING READINESS

YEAR ROUND FOOD & FUN PROGRAM

CHATTANOOGA MOBILE MARKET

J.A. HENRY HISTORY

YMCA ADVENTURERS

OPEN AIR ACADEMY

POWER SCHOLARS PROGRAM

<https://www.ymcachattanooga.org/locations/ja-henry-community-ymca-0>, captured 10/14/19



Home » Departments » Q - Z » Recreation & Parks » Parks & Community Centers » Henry H. Brigham Community Center

Henry H. Brigham Community Center

2463 A Golden Camp Road
 Augusta, GA 30906
 (706) 771-2654/2655

Hours of Operation:

Monday - Thursday: 10:00 AM - 8:00 PM
 Friday: 10:00 AM - 6:00 PM

Upcoming Events: [Augusta Calendar of Events](#)

Brigham Center Staff:

[Michael Myles, Jr.](#), Senior Center Manager
[Daren Newton](#), Interim Recreation Specialist II
[Jerald Smith](#), Recreation Specialist I
[Ricarlos Corbitt](#), Parks Maintenance Worker
[Marnetta Lee](#), Recreation Associate
 Charles Dalton, PT Parks Maintenance Worker

Facility Features:

- Community Center & Rental Facility
- Tennis Courts
- Walking Track (3 Laps = 1 Mile) with stationery fitness equipment
- Comfort Station
- Gymnasium
- Picnic Area
- Playground
- Cooling/Heat Shelter & EMA Designated Emergency Shelter

Community Center Activities & Programs:

Register Online at: [Augusta Recreation Online Registration](#)

Activity	Days	Times	Cost
Belle Terrace Marching Unit	Tuesdays & Thursdays	6:00 p.m. - 8:00 p.m.	Dues Set by Group
Adult Open Basketball (Ages 18+)	Mondays - Fridays	11:30 a.m. - 2:30 p.m.	\$2.00 (ID Required)
Teens in Action with Goals	Mondays & Wednesdays	6:00 p.m. - 8:00 p.m.	Dues Set by Group
Soul Sliders of Augusta (Ages 6-12)	Mondays & Thursdays Tuesdays	6:00 p.m. - 7:30 p.m. 4:45 p.m. - 5:30 p.m.	\$3.00 Per Class \$40.00 Per Month
Funtastic Fridays (Ages 3-5)	Fridays	9:30 a.m. - 11:30 a.m.	\$1.00 Per Child

<https://www.augustaga.gov/1499/Henry-H-Brigham-Community-Center>, captured 10/14/19



Daniel Henry

12K Tweets



Follow

Daniel Henry

@DanielHenryFit

ACSM-CPT + Head Coach at [Daniel Henry Fitness](#). #WFPB Ironman. Host @Plantbased_Jock Podcast. Former fat drunk. #saved #blessed

📍 Seattle, WA bit.ly/danielhenryfit 📅 Joined May 2010

962 Following 1,547 Followers

Not followed by anyone you're following

Tweets

Tweets & replies

Media

Likes

<https://twitter.com/DanielHenryFit>, captured 10/14/19



Henry's Sports and Fitness Training

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Follow Share Save ...

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Write a post...

Photo/Video

Tag Friends

Check in

...

5.0 5 out of 5 - Based on the opinion of 10 people

Community

See All

Invite your friends to like this Page

420 people like this

421 people follow this

1,285 check-ins

About

See All

(254) 548-1343

Typically replies within a few hours
Send Message

Fitness Trainer - Gym/Physical Fitness Center

Price Range \$\$

Hours 5:00 AM - 8:00 PM
Open Now

Suggest Edits

Page Transparency

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Page created - December 12, 2014

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Photos





See All

<https://www.facebook.com/Henrys-Sports-and-Fitness-Training-1021058814587871/>, captured

10/14/19



HENRY BARRATT
PERSONAL TRAINING

SERVICES ▾ HB KIT ▾ ABOUT ▾ CONTACT  



PRIVATE PERSONAL TRAINING

OUR FOCUS IS TO CREATE A PERFECTLY BALANCED LIFESTYLE WITH LONG TERM, LASTING HEALTH BENEFITS.

Henry Barratt is an experienced, discreet and holistic personal trainer based in St James, London.

His clients come to him for his calm, dedicated and focused approach to achieving long term holistic health and wellbeing goals. Henry's everyday restorative approach to fitness and health, strengthens, heals and balances the body using functional movement patterns, creating a firmer, leaner and more efficient body.

Each client works through a personalised health and wellness plan and is guided through a variety of services to help maintain this lifestyle.

Contact [Henry](#)

<https://www.henrybarratt.com/>, captured 10/14/19