

CHOCOLATE

Peanut Butter Cup

PROTEIN SHAKE

ALL THE FLAVOR.
NONE OF THE GUILT.



HIGH IN
PROTEIN



KEEPS YOU
FULL LONGER



CLEAN
ENERGY



DELICIOUS
& SATISFYING



Fuel Your Goals

VILLAGE FITNESS



A better visit, together.

A quick reminder of our shared-space policies.



POOL ACCESS

Water aerobics: The pool is reserved for class participants until the scheduled class ends.

Small Group & Private Training: Other pool use is allowed at the swim instructor's discretion, with adequate space for the service. Private training takes place in a dedicated lane marked by a lane line for the entire appointment.



HEADPHONES & PHONE CALLS

Use headphones for music, videos and other media. Audio played out loud is not permitted in workout spaces. Take phone calls outside or to the main lobby.



EQUIPMENT COURTESY

Keep phone use and downtime on equipment brief. Reasonable rest between sets is welcome; be mindful of members waiting.



CANCELLATIONS & WAITLISTS

2 HOURS' NOTICE: Group Fitness, Small Group Training and TRIBE Team Training. Cancel in the member app up to 2 hours before the session.

24 HOURS' NOTICE: Private training and spa appointments, to avoid the full service fee. If you cannot attend, cancel promptly in the app or call **(803) 226-9180**.

Waitlists fill openings automatically in the order members joined. Turn on app notifications to know when you've been added.



DAILY LOCKER USE

Lockers are free and **cannot** be rented or reserved. Empty yours before closing. Items left overnight will be removed, held for 4 weeks, then disposed of.

Thank you for helping keep Village Fitness welcoming for everyone.



YOU SPOKE. WE LISTENED.

2026 MEMBER EXPERIENCE SURVEY

Thank you to the 216 members who helped shape what comes next.

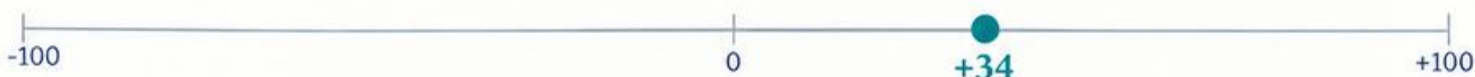
216

RESPONSES

+34

NET PROMOTER SCORE

*A positive foundation,
with clear room to grow.*



What members value

TRAINING SERVICES	4.22 / 5	78% favorable
GROUP FITNESS	4.15 / 5	76% favorable
STAFF HELPFULNESS	3.82 / 5	69% favorable

Members consistently recognized knowledgeable instructors, encouraging trainers, friendly service, personal connection, and a strong sense of community.

The message was clear

Protect what makes Village Fitness special while improving **equipment**, **cleanliness**, locker rooms, class schedules, **space**, membership **value**, and overall facility upkeep.

From feedback to action

NOW

- Stronger cleaning checks and accountability
- Equipment maintenance and issue tracking
- More consistent greetings and service knowledge
- Class scheduling, capacity, and communication review

NEXT

- Equipment replacement and expansion
- Space and layout improvements
- Locker room and facility updates
- Clearer membership value and program options

This survey is a starting point—not a finish line.

We will continue sharing progress as priorities move from feedback to action.

THANK YOU FOR INVESTING YOUR VOICE IN VILLAGE FITNESS.



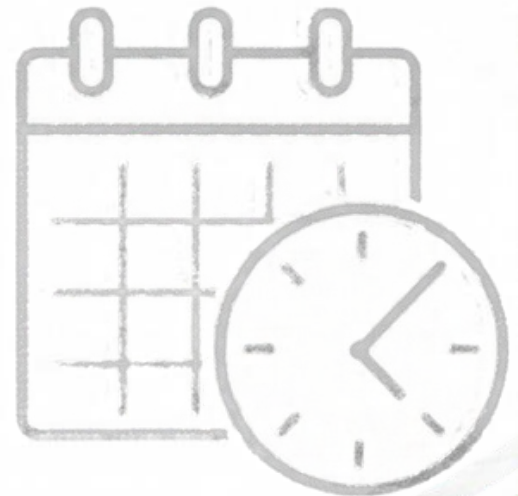
A schedule shaped around you.

Your participation helps guide what comes next.

Over the past several months, we've been reviewing program attendance to understand which offerings members value most and when they prefer to attend.

Our goal is to offer popular programs often enough, at convenient times, with an experience that keeps you motivated and connected.

As this review continues, you may notice adjustments to our regular schedule over the coming months. These refinements will help build well-attended sessions at times that best serve our members.



What times work best for you?

Share your preferred times for TRIBE Team Training and Small Group Training with Leslie.

✉ leslie@vfaiken.com

Thank you for helping us make the most of your
Village Fitness experience.



NEW FOR
MEMBERS

STUDIO RENTALS

Your gathering. Our space.

Village Fitness studio spaces are now available for members to rent for private events and celebrations.

Studio Rental Rates

60 MINUTES

\$75

90 MINUTES

\$115

120 MINUTES

\$150

A space for your next gathering.

Bring your ideas for a private event or celebration.

Ask our Wellness Concierge about availability and event options.



(803) 226-9180



MEMBER SPOTLIGHT

Real progress. Personal support.

“

“I have had an exceptional experience at Village Fitness. I came in at the beginning of July looking for personal training help with some formidable fitness goals, and thanks to Leslie’s coaching and guidance as well as support from Luca, I have made **substantial progress** in just a few months time. I can always count on Village Fitness for good vibes, a professional and knowledgeable staff, and a good work out.”

”

— Mark Campbell



BLACK FRIDAY IS COMING

Our biggest training savings of the year.

TEAM TRAINING
MEMBERSHIPS

AS LOW AS

\$9 /SESSION

SMALL GROUP
MEMBERSHIPS

AS LOW AS

\$12 /SESSION

PRIVATE TRAINING
MEMBERSHIPS

AS LOW AS

\$38 /SESSION

Paid-in-full packages only.

More details coming as the sale approaches.



Pre-sales and custom packages available by request.

Contact Josiah, General Manager

josiah@vfaiken.com





VF SWEATSHIRTS

Want in on *the order?*

We're planning a Village Fitness sweatshirt order for Black Friday packages—and members interested in purchasing a sweatshirt separately are welcome to join the order.

Interested? Email us to let us know.

Josiah@vfaiken.com

This is an interest check. Pricing and order details will follow.



TRIBE
TEAM
TRAINING

A GREAT TEAM STARTS WITH A GREAT COACH.

Your TRIBE coach knows your goals, challenges you at the right level, and helps you progress Season after Season.



EXPERT COACHING

Knowledgeable coaches who lead, motivate and get results.



PERSONAL ACCOUNTABILITY

Support, feedback and encouragement to keep you on track.



PROPER TECHNIQUE

Safe, effective coaching so you move better and stay stronger.



PROGRESSIVE TRAINING

Structured seasons with planned progression to help you continually improve.

FIND YOUR TEAM >



THE SPA AT VILLAGE FITNESS

NEW MICROCHANNELING ADD-ON

Curious about microchanneling?



What is microchanneling?

Microchanneling creates microscopic channels in the skin to help stimulate collagen production and deliver targeted serums.



Why is it valuable?

It may help improve the appearance of scars, even skin tone and soften the look of fine lines and wrinkles. Results vary with your skin and treatment plan.



Is it right for your skin?

Book a free skin assessment. Our esthetician will review your concerns, discuss suitable serums and determine whether this add-on is right for you.

30-MINUTE ADD-ON

\$45

Book your **FREE** skin assessment
Contact our Wellness Concierge: (803) 226-9180



Howl Ween

CELEBRATION

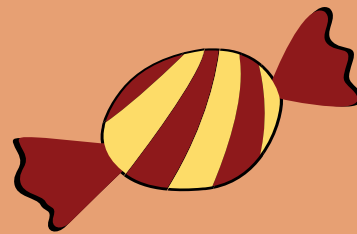
Friday, Octoberth16 , 2026

5:30 PM - 7:30PM

**110 COACH
LIGHT WAY,
AIKEN SC
29803**



*MUSIC BY
LOST DOG
BAND*



*SHOP WITH
LOCAL
VENDORS*

**ALL PROCEEDS
BENEFIT**



Let Love Live

**DOGGY
COSTUME
CONTEST**



**BID IN THE
SILENT
AUCTION**

PUP TREATS

provided
by:



EAT • DRINK • GELATO
**The
VILLAGE
Café**



**SCAN FOR
EVENT DETAILS** 