

Swerve

HIPHOP FITNESS

We stand for a
non-judgemental
environment where people
of all fitness levels can obtain an
effective, enjoyable work out, and
level of entertainment through
events and special classes.

INCLUSIVITY

ACCOUNTABILITY

HEALTHY LIFESTYLE



SWERVE Hip Hop Fitness' Objective is promoting a healthy lifestyle through Dance Fitness.

All studio classes are 60 minutes designed for all levels of fitness from beginner to experienced. Our class schedule includes Hip Hop Fitness, Tabata, HIIT, Restorative and Slow Flow Yoga, Zumba, Zumba Step, Resistance Training, BARRE and more.



H I P H O P F I T N E S S

✉ SwerveHipHopFitness@Gmail.com

☎ 419.559.3400

📷 SwerveDanceAndFitnessComplex

📘 /SwerveHipHopFitness

Swerve Dance and Fitness Complex, founded in Columbus, Ohio and has evolved from a Hip Hop Fitness program to a Dance and Fitness Center. We have naturally built a community centered around dance, exercise, mind, and body.

EMPLOYEE SPECIAL

We would like to invite CCS employees to try 3 complimentary classes and 20% off studio membership.

Please visit our website for our entire current class schedule: **Swervehiphopfitness.com.**

This flyer will serve as your promotion code.

640 Lakeview Plaza Blvd A
Worthington, OH 4308

