

# FITNESS BY DEZIGN

6355 Willowfield Way Springfield, VA 22150  
(412) 638-4761  
info@fitnessbydezine.com  
www.fitnessbydezine.com



## Capability Statement

**Fitness by DeZign seeks to help people of all ages embark on a journey to discover their physical limits and strive to make fitness a lifestyle change. Regardless of background, age, or fitness experience, the can will perform and achieve incredible results if given the opportunity.**

### DIFFERENTIATORS

Since 2003, Fitness by DeZign LLC has been providing wellness programs centered on functional strength training, cardio classes, and flexibility. Dedicated to safe, effective and results based fitness programs, Fitness by DeZign helps participants achieve and maintain a healthy lifestyle.

Fitness by DeZign provides training, development, and continuing education to organizations who offer fitness programs and to those who teach the program. The extensive accreditation and trainer certification processes ensures that certified instructors will deliver safe, effective, and consistent exercise programs to participants.

In addition to leading group fitness classes our company is an independent contractor with the following companies: AFAA, FiTour, Bosu, and Life Sport Work Performance and Fitness. We assist with offering the latest competitive certifications in the industry for kickboxing, yoga, and BOSU.

### CERTIFICATIONS

- NAISC Codes 62130, 812990,621111,713940,611620
- Certified Personal Trainer
- Certified Therapeutic Recreation Specialist

### POINT OF CONTACT **Petita Rentz • (412) 638-4761 • info@fitnessbydezine.com**

- Certified fitness instructor and personal trainer for diverse populations.
- Fitness Consultant for Goblin Gallop 5K for Hands of Hope Clinic.
- Former recreation therapist director for aging adults.
- AFAA and Fitour Certification Specialist.

### CORE COMPETENCIES

#### Certification Courses

- Continuing Education Workshops
  - .3 ACE
  - 3.0 AFAA
  - 5.0 Fitour
- Educational Weekend
  - 1 day 1 ½ days
  - 2 days

#### Group Fitness Classes

- Kickboxing
- Pilates
- Yoga
- Step
- Zumba
- TurboKick
- Bootcamps
- Strength Training
- Stretching
- Jump Rope Classes
- Kettlebell Classes
- BOSU® Classes

#### Workplace Wellness

- The Workplace Wellness Program is a wellness and fitness initiative designed and supported by the collaboration between Fitness By DeZign and [Life, Sport, Work Performance and Fitness](#). We believe that an organization's greatest asset is the people it employs and serves.