



Partner	STRIVE Member Benefits	Location(s)
<p>Alger Bikes algerbikes.com</p> <p>Family-owned since 1957, Alger Bikes offers a full line of Cannondale road, mountain, and urban bikes, as well as high-performance cycling clothes and accessories. A proud Schwinn dealer offering a wide range of cycling gear and fitness equipment.</p>	<p>10% off all products</p>	<p>120 28th St SW Grand Rapids, MI 49548</p> <p>616.243.9753</p>
<p>Allegro Coaching allegrocoaching.com</p> <p>A boutique fitness studio in Eastown, Allegro Coaching offers group fitness, personal training, nutrition coaching and massage therapy services. They provide local businesses the option of onsite coaching, wellness workshops, weight-management groups and team challenges.</p>	<p>15% off studio memberships</p> <p>Complimentary personal training consultation</p>	<p>1422 Robinson Rd SE #201 Grand Rapids, MI 49506</p> <p>616.451.9000</p>
<p>Becky White Fitness beckywhite.fitness</p> <p>Becky White is a dedicated strength coach with nearly 20 years of experience. She creates custom-designed training, nutrition and flexibility programs for individuals interested in transforming their physiques while reaching their personal health and fitness goals.</p>	<p>Special discounts</p>	<p>5747 28th St SE #106 Grand Rapids, MI 49546</p> <p>616.648.8669</p>
<p>Catalyst Training Center catalysttrainingcenter.com</p> <p>Personal and group training, sports nutrition, correctional exercise, and Fascial Stretch Therapy. Catalyst Training Center provides weight loss, muscle development, metabolic conditioning, sport-specific training, and healthy-eating guidance, plus so much more.</p>	<p>Special discounts</p>	<p>4835 Cascade Rd SE Grand Rapids, MI 49546</p> <p>269.252.3851</p>
<p>Downtown Grand Rapids Inc. downtowngr.org</p> <p>Downtown Grand Rapids Inc. (DGRI) is the organization responsible for city building and place management in the urban core of the City of Grand Rapids, Michigan. DGRI provides free events, activities and opportunities for all to come together year-round.</p>	<p>Free fitness classes with community members (seasonal)</p>	<p>29 Pearl NW, Suite 1 Grand Rapids, MI 49503</p> <p>616.719.4610</p>



<p>EcoTrek Fitness ecotrekfitness.com</p> <p>EcoTrek Fitness offers outdoor group workouts all over Michigan in every season. Strength training, cardio and flexibility <i>all-in-one</i>. Explore unknown places and rediscover familiar ones—every individual works at their own level and is encouraged to challenge themselves while following the leader’s cues.</p>	<p>Drop-in at \$8 each session</p>	<p>101 Washington St #124 Grand Haven, MI 49417</p> <p>616.291.2851</p>
<p>Fzique fziquelife.com</p> <p>A full-body cycling experience that combines high-intensity and low-impact cardio with handheld medicine balls to tone upper bodies as well as strengthen and define cores. Fzique classes include intense fat burning and choreographed workouts to improve cardiovascular health and strengthen mental ability.</p>	<p>8 classes for \$69</p>	<p>740 Michigan St NE Grand Rapids, MI 49503</p> <p>616.238.4848</p>
<p>Gazelle Sports gazellesports.com</p> <p>Locally owned and operated for the past 30 years, Gazelle Sports actively pursues, encourages and celebrates a healthy lifestyle. They offer footwear and apparel for active and casual use and provide free runs/walks, weekly clinics and training programs. Gazelle Sports organizes and/or supports over 200 community events throughout the year.</p>	<p>Free one-on-one gait analysis</p> <p>Free good form running clinic</p> <p>Free education clinics</p>	<p>All Michigan locations</p> <ul style="list-style-type: none"> • Grand Rapids • Kalamazoo • Holland • Northville • Birmingham
<p>Grand Rapids Running Tours grandrapidsrunningtours.com</p> <p>Grand Rapids Running Tours believes the best way to experience Grand Rapids is by moving at street level, accompanied by a guide who can share history, trivia and fun facts about our city along the way. With over 20 tours to choose from, it’s a combination of fitness, entertainment and education—a healthy change of pace in sightseeing and training.</p>	<p>25% off any running or walking tour</p>	<p>333 Bridge St NW #900 Grand Rapids, MI 49504</p> <p>616.835.1152</p>
<p>GRIT Life gritlifegr.com</p> <p>GRIT Life is a community of adventure seekers living healthy lifestyles through movement, nutrition, recovery and mindfulness. Fitness classes include circuit, boxing and GRIT 360. Specialty training programs cover a variety of needs including obstacle course racing, athletic training, high school training and personal training.</p>	<p>1 complimentary class</p> <p>2 weeks of unlimited classes \$20</p> <p>10% off all services after the first 2 weeks</p>	<p>1730 Olson St NE, Suite C Grand Rapids, MI 49503</p> <p>616.558.6600</p>



<p>Jen Byrne Yoga & Wellness jenbyrne.com</p> <p>Jen Byrne Wellness offers group and individual yoga and mindfulness classes, onsite corporate classes as well as therapeutic yoga for stress management and injury recovery. Personal training is also available. Programs are customized and designed to meet the individual's needs and desires.</p>	<p>20% off 6 week yoga & mindfulness course</p> <p>15% off group and individual sessions</p> <p>15-minute phone consult yoga/wellness coaching</p>	<p>Customized to meet the individual's fitness goals.</p> <p>616.450.0450</p>
<p>MVP Sports Club mvpsportsclubs.com</p> <p>With five West Michigan locations, MVP Sports Clubs lead the region with world-class facilities, exceptional customer service, innovative programming, state-of-the-art equipment, cutting-edge technology and community outreach.</p>	<p>Contact MVP to learn about the benefits of joining</p> <p>Complimentary assessment with a certified trainer</p>	<p>All Michigan locations</p> <ul style="list-style-type: none"> • Grand Rapids (3) • Holland • Rockford <p>616.254.8800</p>
<p>YMCA of Greater Grand Rapids grymca.org</p> <p>The YMCA is a nonprofit organization dedicated to strengthening the West Michigan community. The focus is on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors. At the Y, it's not about the activity an individual chooses as much as it is about the benefits of living healthier on the inside as well as the outside.</p>	<p>Call the Y to learn about the benefits of joining</p>	<p>7 branch locations in the Greater Grand Rapids area</p> <p>616.855.9622</p>