

The background features a teal color gradient with a pattern of stylized human figures holding hands, symbolizing community and support. The figures are rendered in a dark teal color, creating a sense of unity and interconnectedness.

The Secret Sauce to Building Community: Encouraging Behavior Change Through Peer Engagement



DATA



KNOWLEDGE

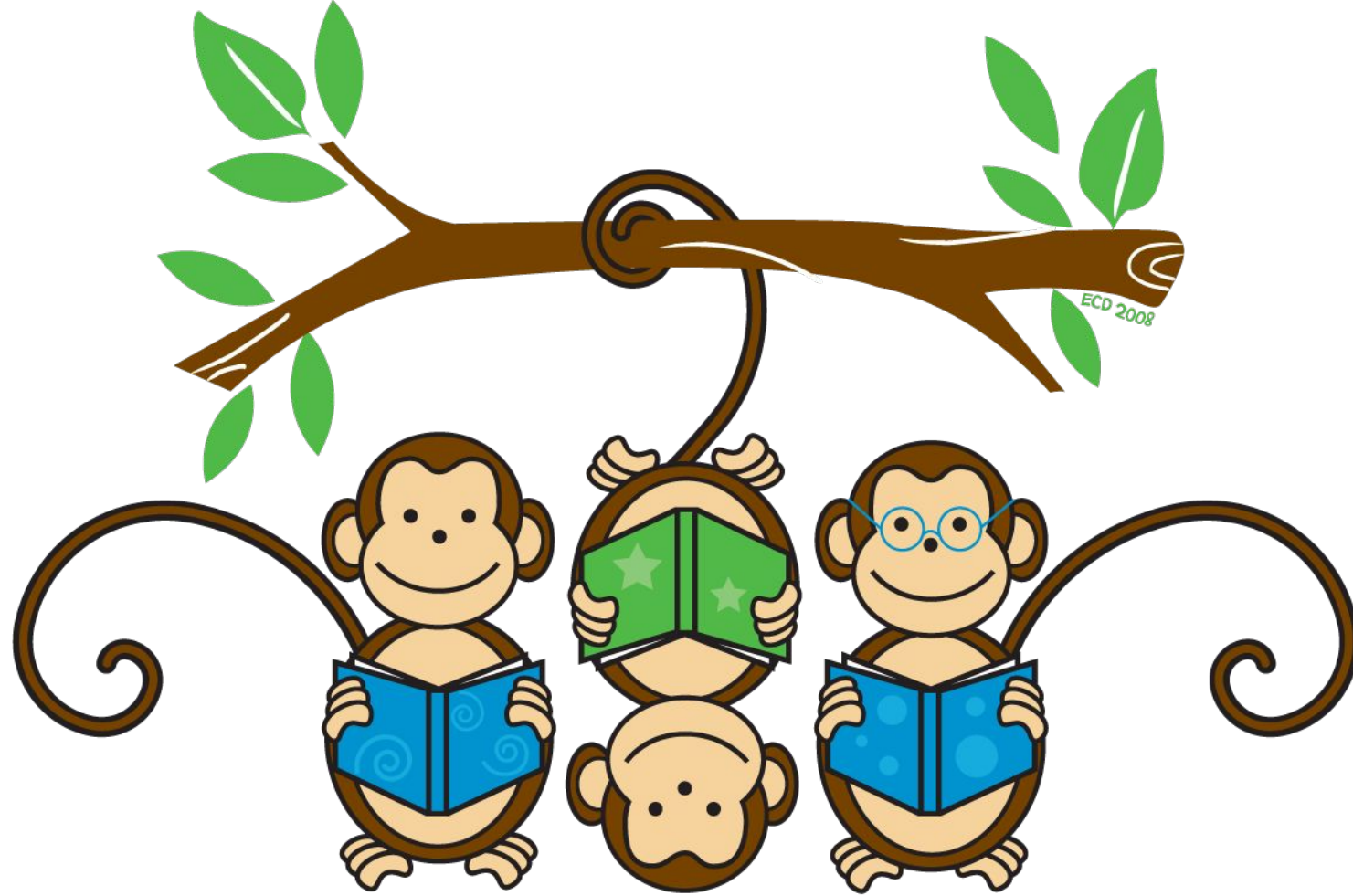


ACTION



Culture vs Community
Leverage Your
Employees
Actionable Items





Monkey See,
Monkey Do...



TWINNINGS



**Only their
mother can
tell them
apart.**





Does this bikini make me look fat?



Social Media



Timeline Photos



Like Comment Share

Make Profile Picture Tag Photo Options



Ed Buckley

March 8 · 🧑‍🤝‍🧑

Allowed on timeline

Birthday #peerfitting — with Scott Peeples, Emma Maurer and Chris Gambino at Orangetheory Fitness Jacksonville - Southside.

Tag Photo Edit

Like Comment Share

Michelle Adams, Marilyn Joyce and 38 others

View 1 more comment



Jeni Dowst Outstanding product placement, Scott 🤔👏

Like · Reply · 2d

3

Chris Gambino replied · 3 Replies



Rick Garnsey · Friends with Chris Gambino
Chris = wild man

Like · Reply · 2d

2

Chris Gambino replied · 1 Reply



Kelly Thompson Ed! How long are you here?!

Write a comment...



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

Like · Reply · 2d

Clare Autrey replied · 2 Replies







vitaminwater.
nutrient enhanced water beverage

razzy b

raspberry
flavored

limeade

Minute
Maid.

peach

Minute
Maid.
Light.

grape

Diet
Coke

lemon

Coca-Cola

lemon

CAFFEINE FREE

Diet
Coke

lemon

Minute
Maid.

cherry
limeade

Minute
Maid.
Light.

orange

DATA









NO
SMOKING

DUNDER MIFFLIN
SALLY HEMLOCK

Order PM's Inexpensive
Paper Carbons
1750 Vinyl Boxes
Broken Penholders

IT'S THAT TIME OF YEAR AGAIN!

ALL HANDS MEETING

SATURDAY
9:00 am - 12:00 Noon

S

BE SERVED
BY MEETING FOR
TYDES

AWARD
FOR
EXCELLENCE

MEMBER OF
THE
OFFICE OF
PERSONNEL

ORANGE 47

RECEPTION











Tampa, FL

Search All Studios & Gy...



Explore

Upcoming

Memberships



Sort by Distance

Filters

188 Studio Results

Studios

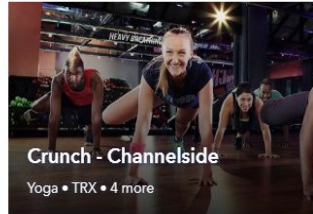
Classes



Sweatshop Urban Fitness

Strength Training • Boxing • Bootcamp

0.1 miles



Crunch - Channelside

Yoga • TRX • 4 more

0.6 miles



The Hip Room Dance Studio

Dance • Barre • Yoga

0.7 miles



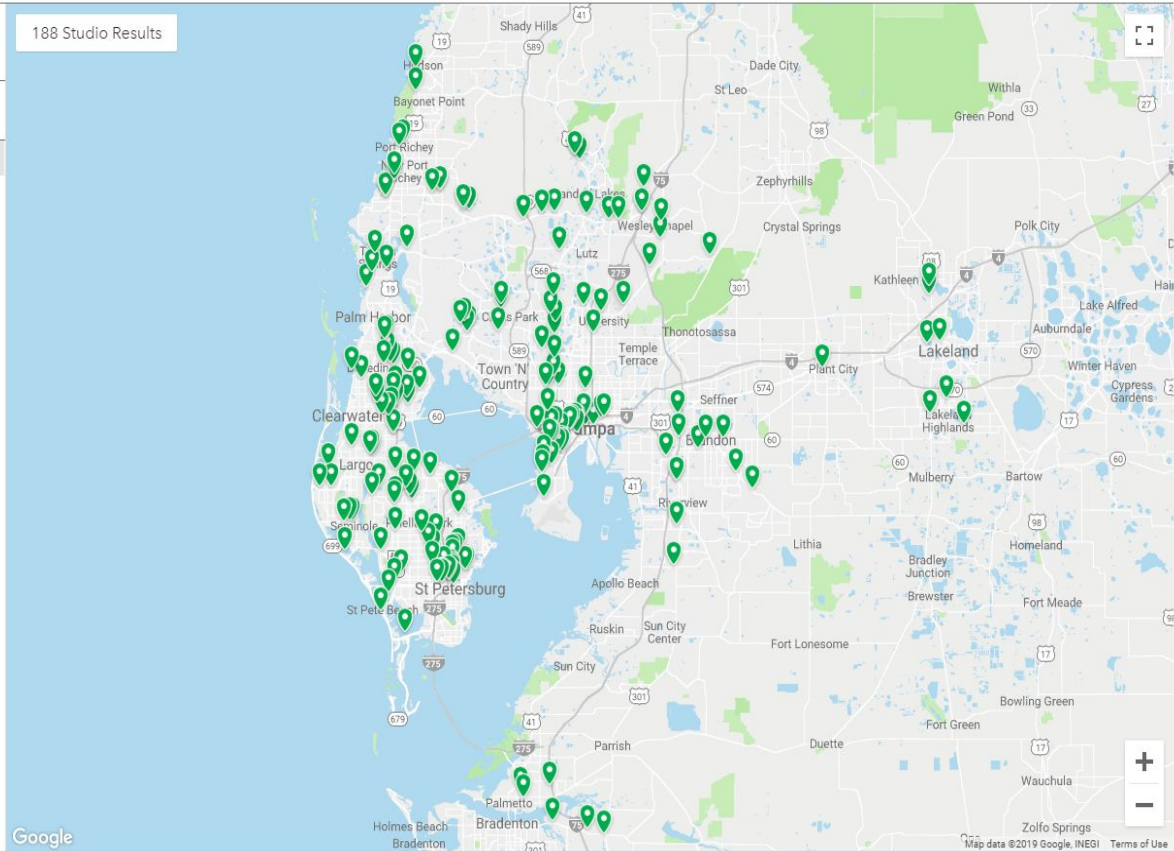
Gaze Hot Yoga

Yoga • Pilates

0.7 miles



Google



Map data ©2019 Google, INEGI Terms of Use

True Grit Fit

Bootcamp • Strength Training • HIIT • Boxing • Martial Arts

502 North Gilchrist Avenue, Tampa FL 33606



Schedule

	<	Fri, Apr 12	Sat, Apr 13	Sun, Apr 14	Mon, Apr 15	Tue, Apr 16	>
5:00 AM		Boot Camp with Rebecca Boland 45 Min 36 Spots Left 4 Credits			4 Going	Reserve	
5:45 AM		Boot Camp with Rebecca Boland 60 Min 44 Spots Left 4 Credits			6 Going	Reserve	
6:00 AM		KICK START PROGRAM with Mike Tedford 60 Min 4 Spots Left 4 Credits				Reserve	
6:30 AM		Boot Camp with Eric Bill 45 Min 46 Spots Left 4 Credits			4 Going	Reserve	
8:00 AM		Boot Camp with Mallory Schreiber 60 Min 37 Spots Left 4 Credits			3 Going	Reserve	
9:00 AM		Boot Camp with Mallory Schreiber 45 Min 50 Spots Left 4 Credits				Reserve	

About

True Grit Fit boot camp classes are comprised of 5 or more people and one to two trainers. The sessions can last from 45 to 60 minutes and include strength, cardiovascular and core exercise.

<http://carrollwoodfitnessbootcamp.com/>

Pro Tip

A towel is required for all classes and training sessions. Please REMEMBER if you do not bring a towel you have the option to rent one. But towels are REQUIRED.



Schedule

<	Sun, Apr 21	Mon, Apr 22	Tue, Apr 23	Wed, Apr 24	Thu, Apr 25	>
5:00 AM	Boot Camp with Mallory Schreiber	45 Min	50 Spots Left	4 Credits	Reserve	
5:45 AM	Boot Camp with Mallory Schreiber	45 Min	40 Spots Left	4 Credits	Reserve	
6:00 AM	KICK START PROGRAM with Mike Tedford	60 Min	4 Spots Left			
6:30 AM	Boot Camp with Mallory Schreiber	45 Min	50 Spots Left			
8:00 AM	Boot Camp with Mallory Schreiber	60 Min	40 Spots Left			
9:00 AM	Boot Camp with Mallory Schreiber	45 Min	50 Spots Left			
12:00 PM	TGF EXPRESS with Rebecca Boland	30 Min	30 Spots Left			
4:45 PM	Boot Camp with Rebecca Boland	60 Min	50 Spots Left	4 Credits	Reserve	
6:00 PM	Boot Camp with Rebecca Boland	45 Min	50 Spots Left	4 Credits	Reserve	

X

Reserve

KICK START PROGRAM

True Grit Fit
Thu, Apr 25th 6:00 AM

Add Note to the Coach (E.g. Special conditions)

Available Credits 29

Credits Needed 4

Reserve Now

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Powered by
MINDBODY.



Emma Maurer

Memberships

Upcoming Classes

Past Classes

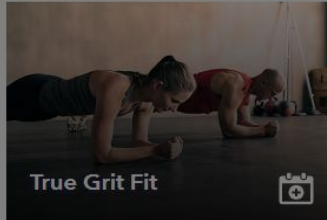
Saved

25 Credits

All

This Week

Next Week



True Grit Fit



6:00 AM Thu Apr 25

KICK START PROGRAM

Map Location

Invite Friend

Cancel

Sync Calendar

Invite your friends to class!

KICK START PROGRAM at True Grit Fit

Thu, Apr 25th 6:00 AM



Enter your workout buddy's email below and they'll receive a class invitation in their inbox!

Email

Come #peerfit with me!

Send Invite





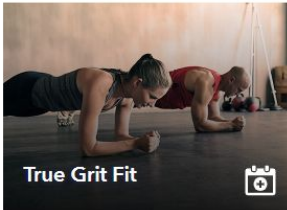
Emma Maurer

Memberships **Upcoming Classes** Past Classes Saved

25 Credits

All This Week Next Week

 Sync Calendar



True Grit Fit



6:00 AM Thu Apr 25

KICK START PROGRAM

[Map Location](#)

[Invite Friend](#)

[Cancel](#)



Plan Ahead!

Secure your spot in another class.

[View Studios](#)

Group Activity

- What program/s do you currently have that create a sense of community
- What helps drive engagement?
 - Does it build community
- What data points do you measure?
- What do you need to add to your program/s to take it to the next level?



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