

## Grand Opening and Free Classes at BODI Scottsdale

Written by Karah Van Kammen

Thursday, 02 January 2014 15:44 -

---

There's a new kid on the fitness block and they are ready to whip booty's into shape for the New Year!

Old town Scottsdale based BODI, owned by fit chick Nikki Metzger, boasts a unique high intensity group fitness gym with a focus on functional training. Fitness fanatics and novices alike will be able to participate in bootcamp style classes with a variety of training methods and equipment including kettlebells, TRX suspension, agility ladders, and more. The innovative approach to overall fitness encompasses a fusion of extreme strength training and intense agility and cardio training to ensure results.

Want in on the body sculpting action? From now until January 10 you can get a taste of the BODI with free, unlimited classes. BODI will also be hosting a body rockin' grand opening on January 10 from 6p – 8p including exclusive discounts, jams, healthy bites, prizes, and more. Click [here](#) for more details.



**BODI**  
Strength • Conditioning • Lifestyle

**GRAND OPENING PARTY**

SPONSORED BY **fabAZ**  
EXCLUSIVE DISCOUNTS, MUSIC BY Kim E Fresh, samples from My Fit Foods, games, fitness demonstrations, prizes and more!

**01.10.14 // 6-8PM**

COME CHECK OUT  
**THE HOTTEST  
NEW  
HIGH INTENSITY GYM  
IN SCOTTSDALE!**

[ BODI is offering unlimited free classes January 1st through the 10th ]

7034 E 5TH AVE • SCOTTSDALE • 85251 // SCOTTSDALEBODI.COM • 715.220.1120