

Grand Opening and Free Classes at BODI Scottsdale

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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.

