



ARRICHION

HOT YOGA + CIRCUIT TRAINING

CLIENT PROFILE

CONTACT FOR DETAILS

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ABOUT

Arrichion is a successful hot yoga and circuit training studio model. The Arrichion System is not just your average yoga studio. It's a proven and time-tested system that caters to everyone looking for athletic yoga and circuit designed to get fitness results. It is appropriate for all ages, gender, and fitness levels.

The Arrichion System is designed to help clients reach their goals, drawing on a range of strength and flexibility training techniques and best practices. With the Arrichion System, clients can combine the benefits and techniques from our range of classes to achieve their individual goals.

Coaching anchors the Arrichion business model. They have drawn from their background as competitive athletes and coaches of championship teams to develop a system for training Arrichion franchisees and teachers to become coaches.

Real athletic experience informs the design of Arrichion's hot yoga, old-fashioned HIIT circuit training and selected olympic weight-lifting program. Creative workout combinations provide improved results. Group classes increase client motivation and accountability. Their program is backed by the latest in science and research.

Arrichion studios operate from a common purpose. A strong belief in the value of fitness and that regardless where you start you can get better.

SPACE CRITERIA

- 3,000 - 5,000 SF Building to purchase
- Seeking building in South End, LoSo, Plaza Midwood, Elizabeth, NoDa, Belmont, Optimist Park, Villa Heights, Wilmore and Cherry
- Ample parking
- Immediate timing





MEET THE REYNOLDS

For over 30 years the Reynolds' approach to training has produced unparalleled results starting with athletic achievements including the athletic achievements of Clay, Ty, and Quinn. Not only have the Reynolds kids benefited from being coached by their Dad, they've inherited the same passion for teaching and coaching. And success. We're talking strong, confident, and fearless.

They have developed a system of training called the Arrichion method (uh – RICK – ee – ahn) so regardless of whether you want to improve your fitness for an event, get leaner, age better, or get stronger, the Reynolds family will push you where you need to be.

The Arrichion system is grounded in years of practice and knowledge, designed for repeatability, offers continuous feedback, and demands focus and concentration.

Along the way they have worked with hundreds of yoga clients and athletes who have committed to achieving their goals whether for athletic competition or for improved health. Their program isn't a hit or miss, quick fix solution; it's a commitment to process and growth. The Arrichion Training System is a proven means to live by, and it will change your life.



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LEARN MORE ABOUT ARRICHION

ARRICHION.COM
#ARRICHIONSTRONG



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