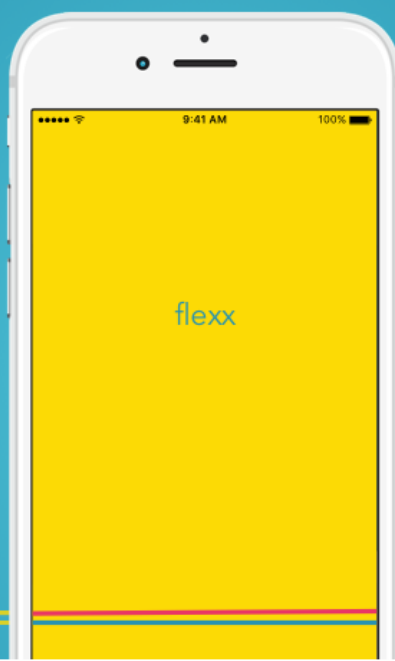


flexx

community.

fitness.

mentorship.



Flexx has reshaped the gym-going experience by creating a welcoming fitness community for all types of women.



## How it Works



### Choose Interests

Personalize your account with all of your favorite activities and fitness preferences.



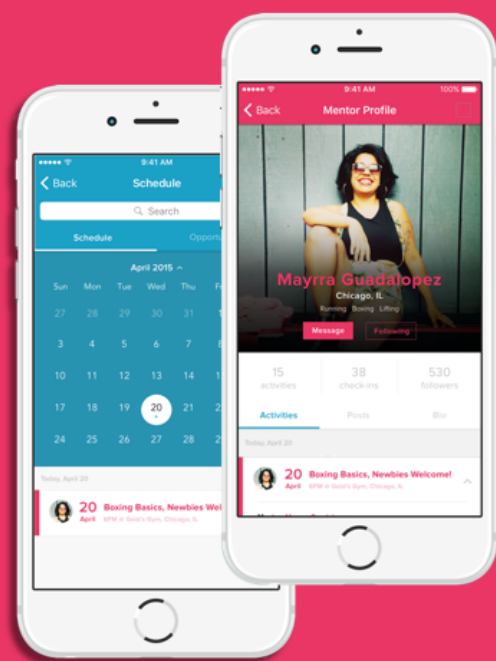
### Follow Mentors

Our mentors are all approved and trusted members of the fitness community. Their sole mission is to help you achieve your fitness goals.



### Book Activities

Schedule an activity with any mentor in either a group or 1-on-1 setting. No need to wander the gym alone!



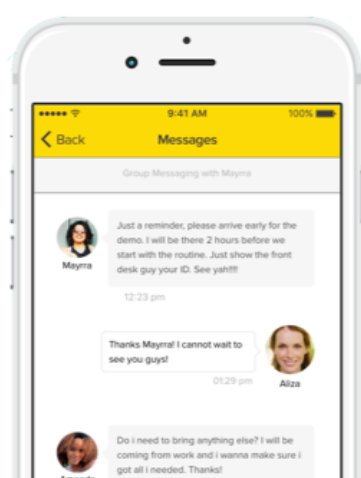
### Connect with Friends

Start a group chat with your mentor and everyone participating in your activity.



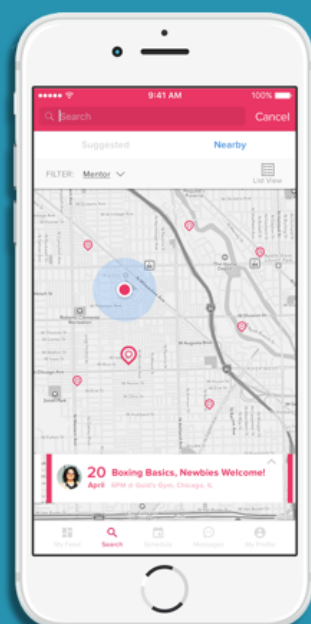
### Review Nearby Gyms

Read the forums and reviews about gyms in your area, and their level of female-friendliness.



## Get Started

Check out what your local Flexx Community is up to today!

[Download](#)

[BLOG](#)