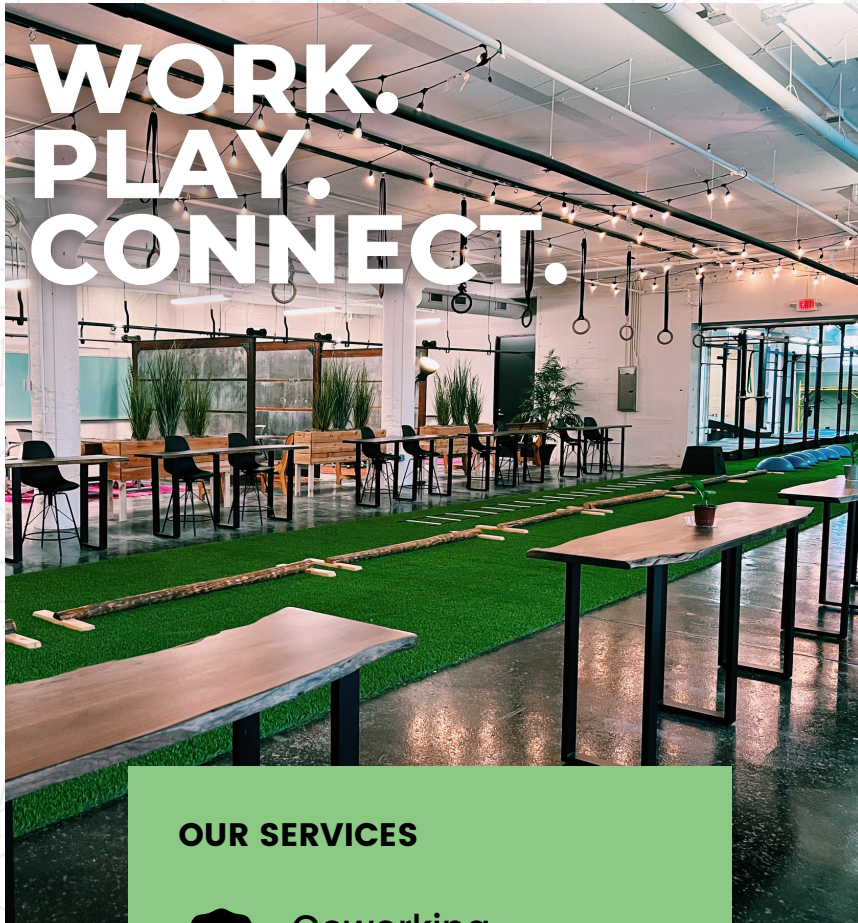


# WORK. PLAY. CONNECT.



## OUR SERVICES

01

### Coworking

Open seating, dedicated desks and private offices.

02

### (Fun)ctional Fitness

Yes, we mean fun! Cardio, weights, climbing, obstacle course training.

03

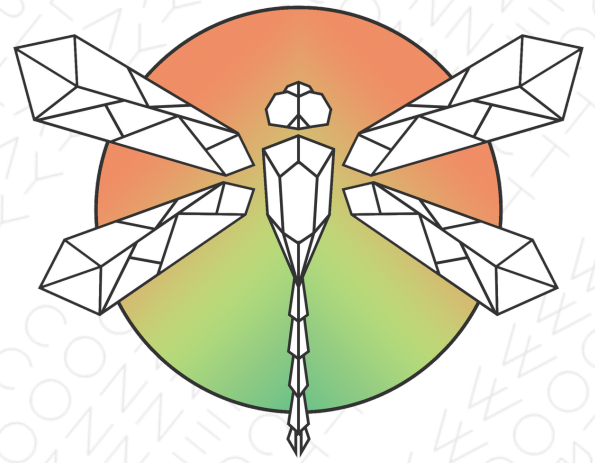
### Group Fitness & Yoga

Daily yoga and fitness classes for all ages and abilities.

04

### Personal Training

Personalized programming with experienced coaches to meet your fitness goals.



THE  
WILDERNESS  
FITNESS AND COWORKING



Sign up for a tour and free day pass:

[www.thewildernessmn.com](http://www.thewildernessmn.com)

## ABOUT US

The Wilderness is an inclusive community for individuals and companies who want a healthier and happier work environment, and those who want a fun and unique space to exercise!

## VISIT US AT

1010 West Lake Street,  
Minneapolis, MN 55408  
(In the same building as CVS)

[info@thewildernessmn.com](mailto:info@thewildernessmn.com) | 952-894-0721