



Rhythm Walking Audio System

We believe anyone can be a Community Fitness Ambassador which includes group fitness instruction. Indeed, we desperately need Community Fitness Ambassadors to radically impact the health and wellness of all communities around the world.

Our wireless audio delivery system is a key element in our holistic approach to group fitness, emphasizing self-care and spirit over size or current ability. This Wireless Audio Delivery System allows fitness instructors to transmit music from their phone and provide voice instruction simultaneously to participants that are wearing lightweight headphones/earphones.

