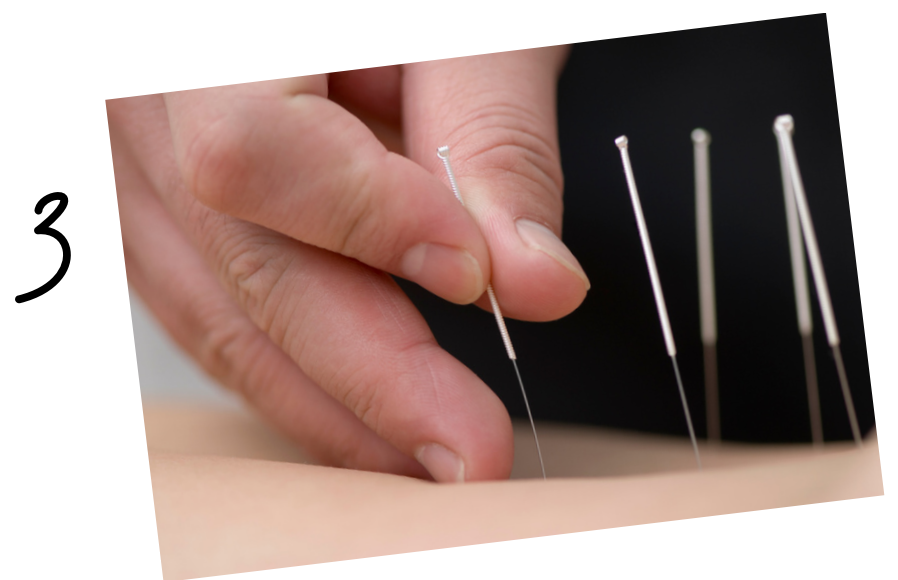


#ShopSmall Downtown DeRay
GIFT GUIDE
For The Fitness Fiend



DON'T SWEAT IT, HERE'S WHAT YOU NEED FOR THE FITNESS FIEND...

- 1 Stocking Stuffers for the Tennis Lover from [Tennis Inc.](#)**
From scrunchies to mugs, pillows to flip-flops, phone cases to notebooks, and so much more...Tennis Inc. has a huge selection of gifts under \$20 and also some amazing rackets, shoes, and apparel if you want something more!
Located at 7 S. Swinton Ave
- 2 Dance Lessons at [Fred Astaire Dance Studio](#)**
Dance lessons are the perfect way to get healthy together while making time to connect with that special someone! So, give the gift of dance this holiday season with lessons from Fred Astaire Dance Studio!
Located at 247 SE 6th Ave
- 3 Acupuncture Treatment at [Acupuncture Zen](#)**
Acupuncture is helpful for treating athletic pain, relieving stress, and helping improve mindfulness & physical performance. The gift of acupuncture is actually the gift of time for that special someone to slow down and focus on caring for their body! Located at 900 E. Atlantic Ave.
- 4 Gift Certificates for Healthy Meals at [Fit Food Express](#)**
This is the perfect gift for your fitness fiend friend who is always on the go! Help them make their weeks less stressful with a gift card for meals packed with flavor and perfect for their diet type!
Located at 302 NE 4th St.
- 5 [Gym Membership](#) or Class Packages in Downtown Delray**
Give the gift of a workout to that special friend or family member. Boutique Gyms like [PurLife](#), [Slash](#), [RIDE Delray](#) or [OrangeTheory](#) are great for the high-intensity lover. Want something a little more zen? Try a pack of yoga classes at places like [Delray Yoga Shala](#), [Colony Yoga](#), [Dancing Lion Studio](#), [Barre Envy](#) & more!
Located: Throughout Downtown Delray

- 6 Fitness Outfit from [Global Pursuit](#)**
Fox & Robin Fitness Bra \$48.00
Fox & Robin Tights \$78.00
925 Fit DFine Jacket \$202.00
Cotopaxi Fanny Bag \$30.00

- 7 Tennis or Pickleball Lessons at [The Delray Tennis Center](#)**
New Year brings New Goals. Always wanted to perfect your tennis game? or check out the growing popularity of Pickleball? Grab a racquet and take some lessons at local tennis center - The Delray Tennis Center! Maybe pick up some tickets to the Delray Open in February as well to give you that extra motivation and inspiration!
Located at 201 W Atlantic Ave.
- 8 Rollerblades & Roller Skates from [Surf District Surf Shop](#)**
Nothing says beach life more than rollerskating along A1A! Get your 80s groove back with matching skates for you and your friend!
561-865-6235; Located at 220 NE 1st St.
- 9 Bike Rentals & Snorkel Gear Rentals from [Richwagen's](#)**
Rent (or buy) a bike to ride around town. Head to the beach for some volleyball or rent some snorkel gear from Delray Beach Watersports Rentals & check out the awesome shipwreck right offshore. Plenty to do and see while getting some exercise in! Located at 298 NE 6th Ave
- 10 The Champion from [Prime IV Delray](#)**
Champions don't sit around and wait for victories to fall in their laps. Unfortunately, your body can let you down from time to time, which is frustrating. At Prime IV Hydration, we have the perfect antidote – The Champion. Created for people who don't take no for an answer, The Champion IV drip service will take care of sore muscles and the issues that arise through a lack of workout recovery.
Located at 2 SE 6th Ave