

Business Retreat Venue

Focused Fitness offers a beautiful, state-of-the-art retreat venue for your business needs. Conveniently located at 24th Avenue & Dishman-Mica Road from the I-90 Argonne Exit.



A high-tech classroom offers interactive whiteboard, surround sound audio, WiFi and up to 20 laptops. Seating for 30 with scenic views of the Dishman Hills.

Top off the day with a fun team-building activity led by one of our professional trainers.

- Vertical Wall Climbing
- Big Ball Volleyball
- Take-a-Breather Yoga
- Or a fun activity tailored to your unique group!



Continental breakfast and lunch provided.

Call for pricing and availability!

Focused Fitness
2426 S Dishman-Mica Road, Spokane Valley WA 99206
509-327-3181 x105