

6:20 HEALTH CLUBS

Concept Overview

Prepared by Rick Schaff · Tampa, Florida · October 2026 · A concept in development

HEALTH OVER EGO

"You were bought at a price. Therefore honor God with your bodies." — 1 Corinthians 6:20



Concept illustration of the main club, training grounds, Trinity 20 pavilion and eight retreat studios. Not to scale.

THE CAMPUS AT A GLANCE

One property brings together everything 6:20 offers: a glass-front club, outdoor training grounds, a recovery pavilion, a place to gather around the fire, and eight studios where retreat guests stay on site. The campus illustration on the cover shows how it fits together:

- **Main club building.** Glass front, Bible-hero murals, strength floor, organic coffee and tea shop, and chapel.
- **Trinity 20 pavilion (center).** Power Plate, KAATSU and red-light therapy stations, plus cold plunges.
- **Open-air training (left).** Pull-up rig, rings, dip bars, battle ropes, tires and cedar barrel saunas.
- **Covered strength zone (right).** Racks, bench press, heavy bags, kettlebells and fan bikes under shade sails.
- **Perimeter running track and bonfire circle.** Sunrise training and Friday and Saturday night worship.
- **Eight retreat studios.** Four on each side of the grounds, for faith-based fitness retreats and guests.

THE VISION

6:20 Health Clubs is a Christian community gym built on one idea: your body is a gift, and taking care of it is an act of worship. The name comes from 1 Corinthians 6:20. Every part of the club, from the building to the programming, points back to that verse.

Many gyms today feel dark and isolating. People train alone with headphones in, rarely talk to one another, and the whole culture is built around appearance and performance. 6:20 offers something deeper: strength, health and longevity pursued for the right reasons, in a community that shares your faith. That is what “Health over Ego” means. Members train to honor God and serve the people who depend on them, not to impress a mirror.

The messaging throughout the club is uplifting, and it creates an atmosphere of joy and peace that members feel the moment they walk in.



Main Club Building

Concept rendering: glass front with murals visible from the street

The club is a place people want to be even when they are not working out. It combines a training floor, an outdoor training ground, a chapel, an organic coffee and tea shop, and a calendar of worship and community nights. Eight on-site retreat studios let guests stay for faith-based fitness retreats, turning the club into a destination as well as a neighborhood gym.

Who it is for

- Christians of all ages who want a gym that reflects their values and a community to train with.
- Adults 40 and older who want to stay strong and independent, served by the Trinity 20 program.
- Churches, men's and women's ministries, and Christian schools looking for a shared place to gather, train and build fellowship.
- Anyone who wants a positive, encouraging gym culture without the ego or the dark atmosphere common in many gyms.
- Churches, ministry groups and individuals from out of town looking for a faith-based fitness retreat.

THE MEMBER EXPERIENCE

The building

The rendering shows a contemporary club building: a floor-to-ceiling glass front with black frames, a concrete sign wall, and warm wood-clad wings for the café and chapel. A tall pylon with an illuminated cross demands attention to the club from the street. Through the glass, passers-by see the colorful murals and the energy inside.

A converted church, a barndominium and a dome structure remain alternative options, depending on the property found. Whatever the building, the first thing visitors notice from the street is the outdoor training ground.

Walking in

- **Comic-book murals.** Bold, colorful murals cover the walls, showing fit and powerful Biblical figures: a muscular Moses holding the Ten Commandments, a fit Jesus, mighty angels in battle against demons, a strong Mary Magdalene, and more.
- **Scripture on the walls.** Encouraging verses, especially those about health and strength.
- **A healing atmosphere.** Plants and small trees, a central fountain, salt lamps, natural light, and Christian worship music.
- **Organic coffee and tea shop.** The social heart of the club, where members linger before and after training and guests get a taste of the community atmosphere.



Organic Coffee & Tea Shop

The baptism of Jesus above the counter, with Matthew 3:17



Bible-Hero Murals

David and Goliath, with 1 John 4:4 painted into the sky

THE FACILITY

Indoor club

- **Trinity 20 section.** The signature training area (see the Trinity 20 section below).
- **Strength floor.** Mostly dumbbells, benches and cable systems. Free-weight focused rather than rows of machines.
- **Hand-eye coordination.** Reaction and coordination training that keeps the brain and body working together, especially valuable as members age.
- **Chapel.** A place for prayer, small services and regular sermons on health and fitness: what Scripture teaches about caring for the body God gave us, discipline, rest, nutrition and strength. It can sit inside the club or as a detached building on the grounds.
- **Coffee and tea shop.** Truly organic, with indoor and patio seating.

Outdoor training grounds (2,000–3,000 sq ft)

The outdoor grounds are what set 6:20 apart from every other gym in the area. They are laid out in three zones side by side: open-air training on the left, the Trinity 20 pavilion in the center and covered strength training on the right, with cedar barrel saunas beside them and a running track around the perimeter.

Zone	What it includes
Open-air zone	Pull-up stations with rings and dip bars, benches and seated press stations for dumbbell work, battle ropes, tires to flip, and several panoramic cedar barrel saunas with glass fronts.
Covered strength zone	Heavy bags, dumbbell rack, kettlebells, bench press, seated press, squat cage, power cages and fan bikes.
Trinity 20 pavilion (center)	Cedar-walled pavilion with Trinity 20 stations (Power Plate, KAATSU and red-light therapy) and cedar-clad cold plunge tubs with built-in chillers.
Perimeter running track	Surrounds the whole equipment area for warm-ups, conditioning and walking groups.

The grounds are oriented for direct sunrise and sunset exposure, so members can train in natural morning and evening light. In Florida those are also the coolest hours of the day, which makes them the natural times for group sessions.



Indoor Strength Floor

Free weights beneath heroes of faith, with Isaiah 53:5



The Warfare Wall

A floor-to-ceiling mural of an angel defeating the enemy, with Luke 10:19



Recovery

Cedar barrel saunas and cold plunges

TRINITY 20: THE SIGNATURE PROGRAM

Trinity 20 is the club's premium, proprietary program. It combines three low-impact technologies in a single session of 20 minutes or less: Power Plate whole-body vibration, KAATSU blood-flow-restriction training, and red-light therapy.

Inside 6:20, Trinity 20 no longer has to be explained from scratch. Members join a health club they already understand, then discover Trinity 20 as the thing no other gym offers. It serves as:

- A premium membership tier or add-on package.
- An entry point for older adults and people who cannot tolerate traditional exercise.
- A clinical and wellness referral channel, building on the Trinity 20 strategy work already done.

The existing Trinity 20 room at PowerHouse Gym in Tampa serves as the working pilot. Real photos, sessions and member results from that room show that the program runs today.

FAITH-BASED FITNESS RETREATS

Eight small retreat studios surround the club, four on each side of the building and training grounds. They share the club's contemporary design: sloped roofs with deep overhangs, warm cedar siding, and floor-to-ceiling glass facing the training grounds and bonfire circle. Each studio has a private wooden deck.

The studios are rented through Airbnb and booked directly for:

- **Faith-based fitness retreats.** Weekend and weeklong programs for church groups, men's and women's ministries, couples and individuals.
- **Guest pastors and speakers.** Lodging for the pastors and worship leaders who lead 6:20's weekend events.
- **Members' visiting family and friends.** A place to stay that brings new people into the community.
- **Travelers.** Open to general Airbnb guests when the studios are not booked for retreats.

A typical retreat

Guests wake up to sunrise gratitude training on the outdoor grounds, then follow a program of Trinity 20 sessions, strength training, sauna and cold plunge recovery, nutrition coaching and meals from the café. Evenings bring guest pastors, prayer meetings and bonfire praise and worship. Guests leave stronger in body and spirit, and many become members or ambassadors who bring their own churches back for future retreats.

Rick already operates short-term rentals, so the club starts with hands-on experience in Airbnb hosting and guest management.

**Retreat Studios**

Cedar siding, glass fronts and private decks

**Bonfire Praise & Worship**

Evenings around the fire with guests and members

COMMUNITY & PROGRAMMING

Community is what keeps members coming back. Friday and Saturday nights become 6:20's signature events:

- Outdoor bonfire praise and worship.

- Sunrise and sunset gratitude training sessions.
- Chapel sermons on health and fitness from a biblical perspective.
- Guest pastors sharing messages of encouragement.
- Heat & Prayer ceremonies in the saunas.
- Theme nights such as 80s Night.
- Group prayer meetings for members, family, friends and government.

Beyond events, church partnerships can bring in whole groups at once: group memberships for congregations, ministry training nights, and youth and school programs.

THE 6:20 YOUTUBE CHANNEL

6:20 Health Clubs will launch a YouTube channel built to be the ultimate home for real stories of faith and fitness. At its heart are our community members: their faith, their struggles and their triumphs in Jesus, told in their own words.

“And they triumphed over him by the blood of the Lamb and by the word of their testimony.”
— **Revelation 12:11**

What the channel will feature

- **Member stories.** Short films of members sharing where they were, what they battled and how faith and training changed their lives.
- **Transformation journeys.** Following members over months as they rebuild strength, health and confidence, including Trinity 20 results.
- **Training at 6:20.** Sunrise workouts, Trinity 20 sessions, recovery routines and coaching tips members can use at home.
- **Worship and teaching.** Bonfire praise nights, guest pastor messages and prayer from the club.
- **Retreats.** Highlights from faith-based fitness retreats and the guests who attend them.

Every member featured will sign a story release, and each story will be told with dignity and care.

WHERE 6:20 STANDS TODAY

6:20 Health Clubs is a concept in development. No property has been acquired and no club has been built yet. This is the roadmap for taking it from vision to reality, one phase at a time.

The roadmap

- **Phase 1: Find the land.** Identify a suitable property in the Tampa Bay area, confirm zoning, and secure the permits needed for a gym, café, chapel and overnight lodging.
- **Phase 2: Design and plan.** Finalize the site plan and building design, choose the building approach (new build, converted church, barndominium or dome), and plan for Florida weather and safety.
- **Phase 3: Build.** Construct the main club, the outdoor training grounds, the Trinity 20 pavilion and the retreat studios.
- **Phase 4: Open and grow.** Open memberships, retreats and community events, and launch the 6:20 YouTube channel with the first member stories.

Questions, or want to be part of it? Email RickSchaff@yahoo.com.

About this document

This document describes a concept that is still in development. Illustrations are concept renderings and are not to scale. Plans, features and timelines may change. Nothing in this document is an offer to sell, or a solicitation of an offer to buy, any security or investment, and it makes no promise of financial return.



Sunrise

Concept rendering: the outdoor training grounds with the main club building behind

HEALTH OVER EGO