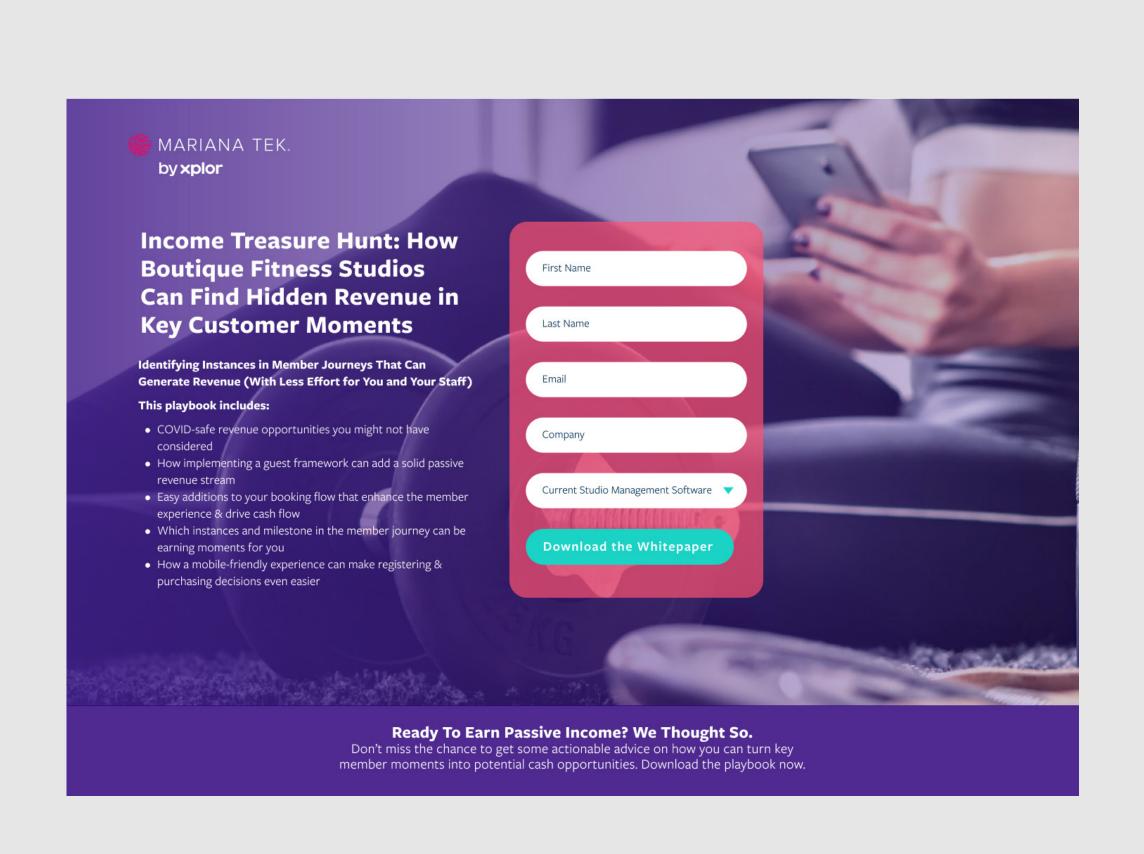
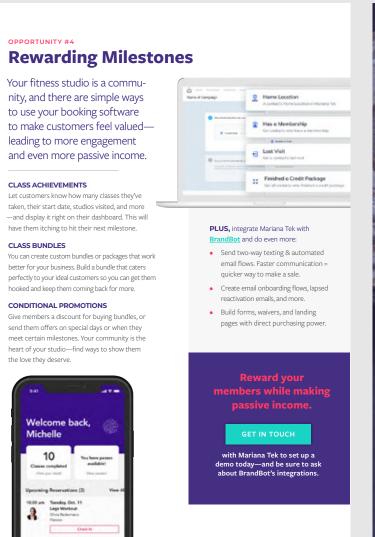
Sasha Ichoonsigy

Creative Manager





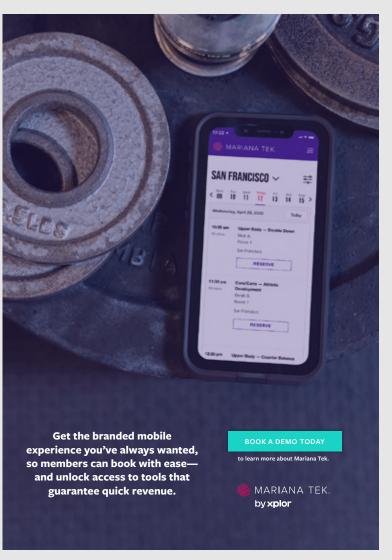




CLASS ACHIEVEMENTS

CLASS BUNDLES

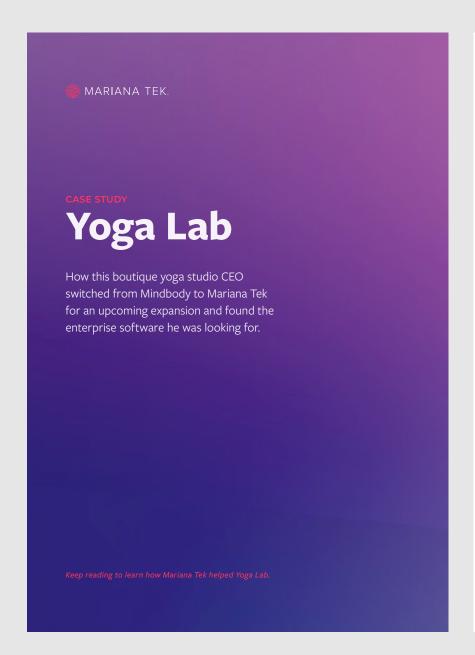
the love they deserve.



and see how Mariana Tek can help

focusing on the bottom line.

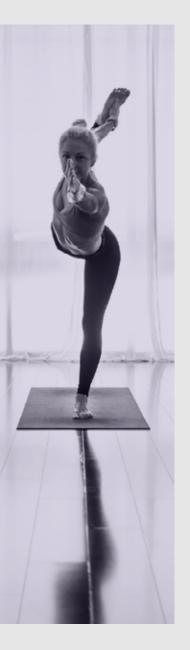
COMPLETE December 2020 SASHA ICHOONSIGY **CAPABILITIES** Web, Creative Content



02. THE PROBLEM

Some of Yoga Lab's issues with Mindbody included:

- There was nobody at Mindbody that understood enterprise software. Their staff wasn't able to advise Yoga Lab on best practices of expanding and/ or running several locations.
- Mindbody's cross-regional software was very expensive, with little payoff to show for Yoga Lab's significant costs.
- Yoga Lab constantly felt like they were being upsold on new software that Mindbody acquired, such as FitMetrix, that wasn't a good fit for their growing
- With Mindbody there was too much manual work required. For example, Yoga Lab's regional managers had to go into the app every day to add instructor names to the schedules.
- When there was an issue and Yoga Lab had to call Mindbody, they were placed on hold for hours. Furthermore, the Mindbody account representative for Yoga Lab **never once reached out** to them.



03. THE SOLUTION

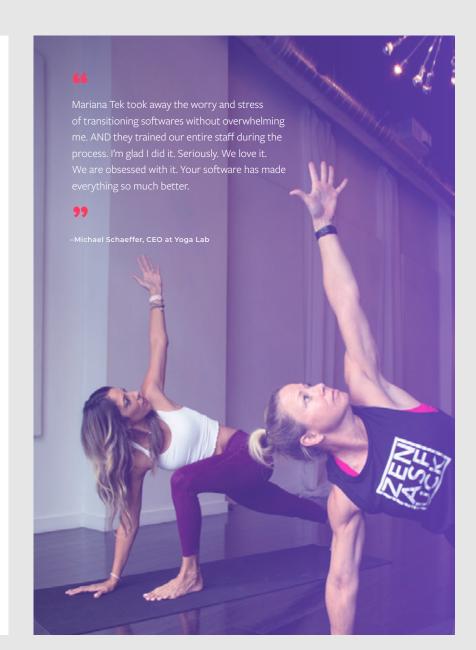
Yoga Lab knew they needed a new platform and service team that could help them elevate their brand to the next level.

After hearing rave reviews about Mariana Tek's functionality, the CEO decided to try the platform out. He immediately realized that they had found a better fit for their growing business needs:

For anyone coming from MINDBODY to Mariana, it will feel foreign at first to have a team that's so incredibly invested in your business, not to mention the training, support and weekly conference calls. The whole process of switching to Mariana was so unbelievably detailed that when we got to migration day, there were zero hiccups.

 Systematic weekly conference calls with a dedicated staff that was invested in their transitional success.

- A solutions team with deep **experience** in enterprise software and brands with more than just one location.
- An app that requires minimal manual effort and is designed to handle the demands of brands with multiple locations.
- An unbelievably detailed onboarding process that took away all of Yoga Lab's worry and stress.
- A launch day with **zero hiccups**. The entire Yoga Lab staff was able to use the Mariana Tek platform after only 10 minutes of instruction.



04. THE RESULTS

Yoga Lab decided to switch from Mindbody to Mariana Tek five days before Miami-Dade went on lockdown due to COVID-19.

Even with the studios migrating to a new platform in the middle of the pandemic, they had a seamless transition:

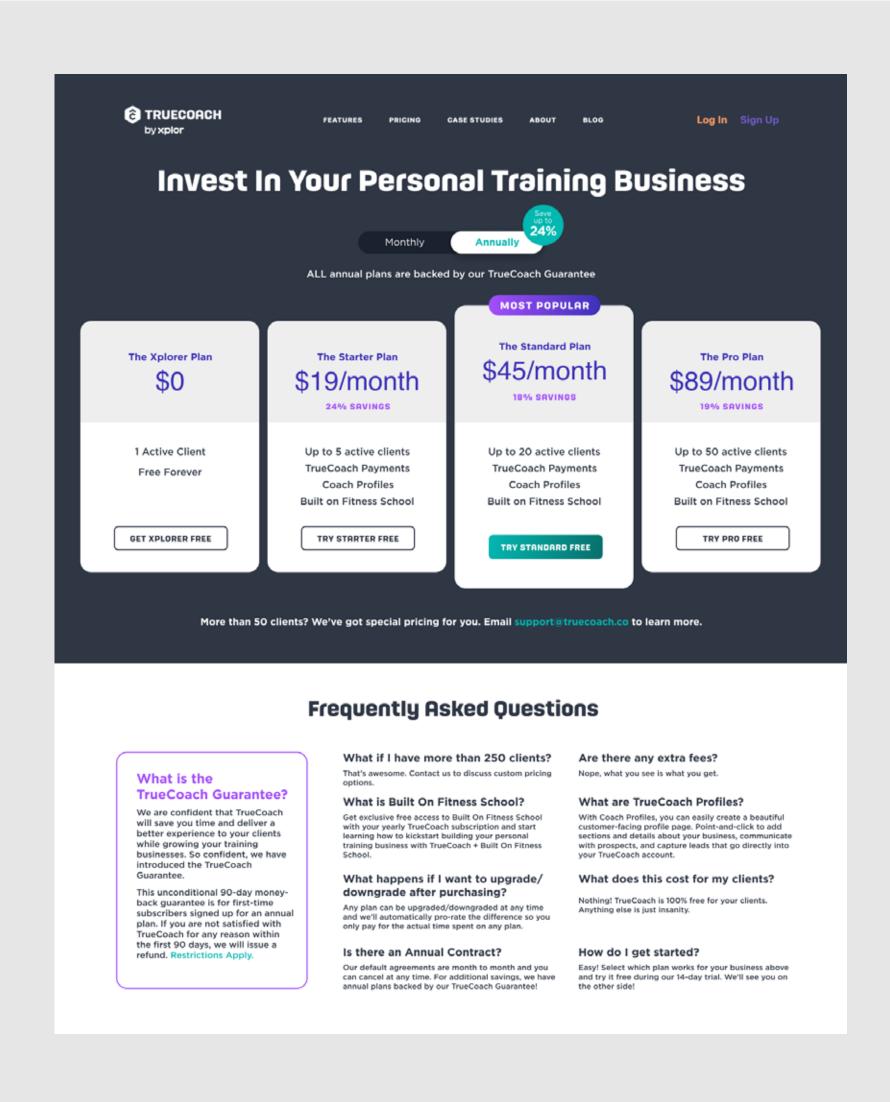
- The Mariana Tek team handled everything for the platform migration. All Yoga Lab had to do was send out a couple emails to inform their customer base about the new app they'd be using.
- Instead of struggling to get in contact with a representative when there was a problem, Yoga Lab now had a standing weekly meeting with Mariana Tek to go over any questions or concerns.
- Yoga Lab had full control of their branding on the app. Mariana Tek didn't push anything in-house. Instead, Yoga Lab was given a few recommendations of web developers so they could have full control over

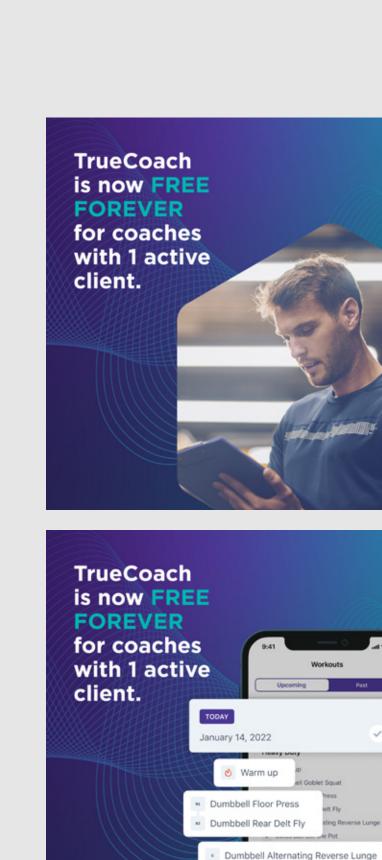
the aesthetics of the final product. KEY DATA POINT "We've seen a 30%

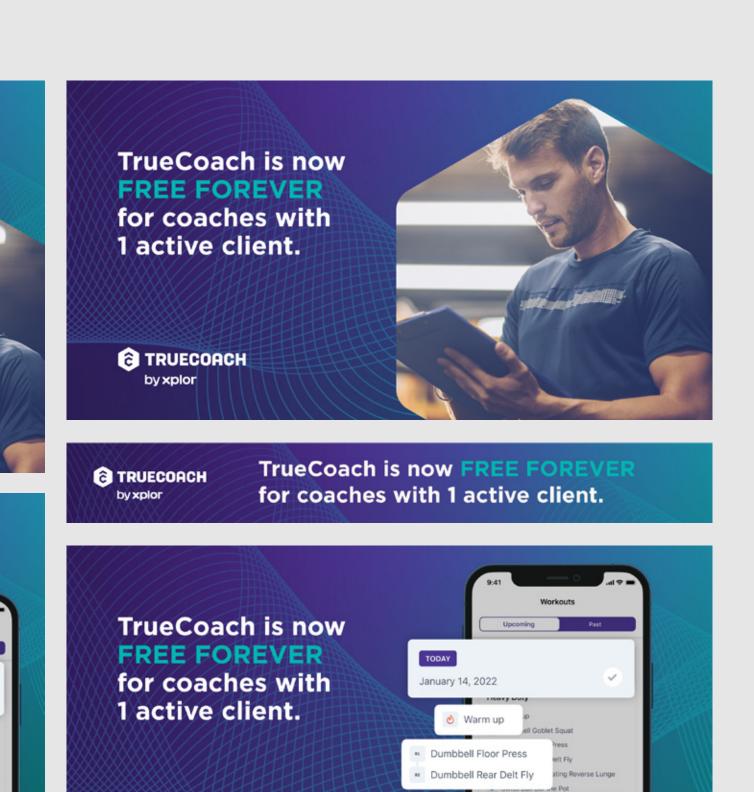
reduction in front desk staffing hours!" -Michael Schaeffer, CEO at Yoga Lab

Studios with more than one location need a platform and solutions team that understand the unique demands of expanding brands. Mariana Tek was able to provide knowledgeable advice, a detailed onboarding process, standing weekly calls, and the ability for Yoga Lab to brand their new app according to their unique aesthetic. In conclusion, this case study illustrates how Mariana Tek's advanced technology and extraordinary customer MARIANA TEK. service help expanding brands achieve new heights.

COMPLETE November 2020 **CAPABILITIES** Creative Content SASHA ICHOONSIGY







Dumbbell Alternating Reverse Lunge

* Cool down

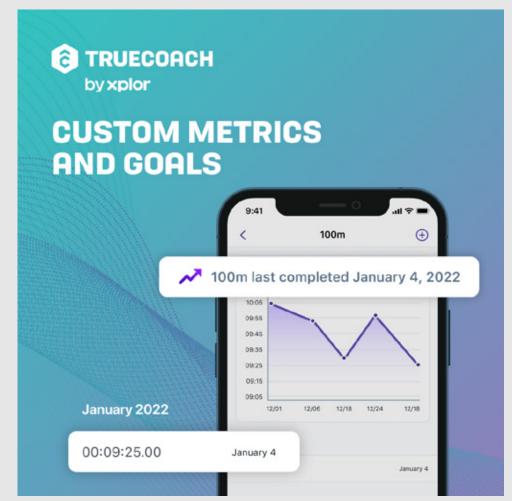
TRUECOACH

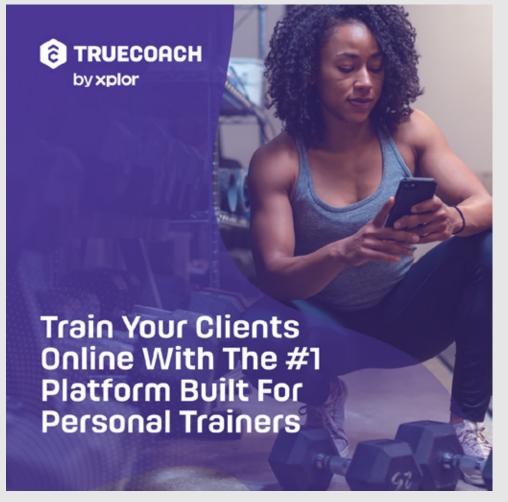
by xplor

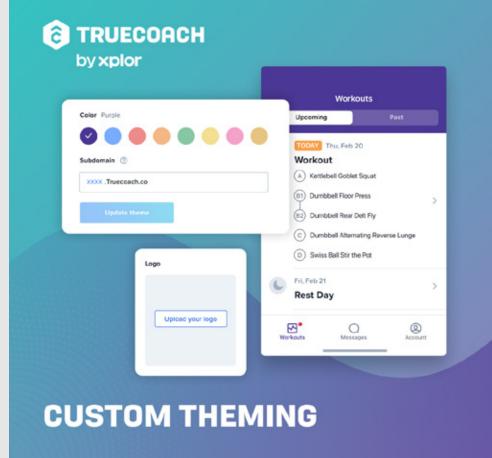
* Cool down

COMPLETE March 2022 CAPABILITIES Web, Organic Social SASHA ICHOONSIGY

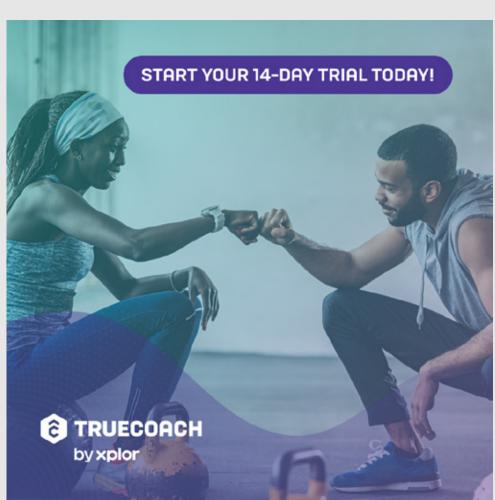
TRUECOACH SOCIAL ASSETS

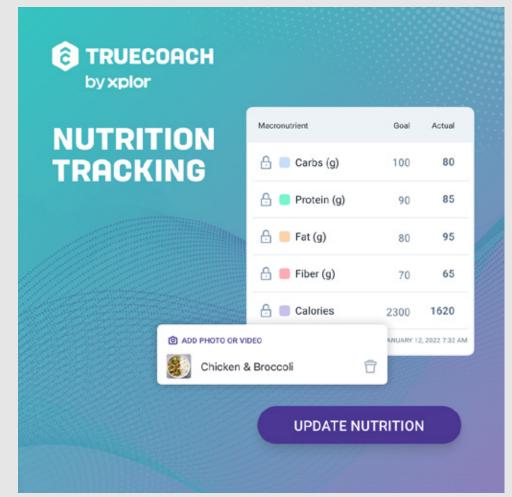




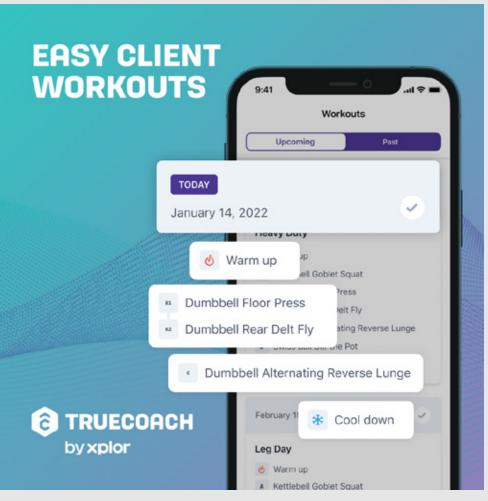












COMPLETE February 2022 CAPABILITIES Paid Social SASHA ICHOONSIGY

TRIIB THE STATE OF CROSSFIT REPORT

TRIIB **(a)** TRUECOACH

THE STATE **OF THE CROSSFIT MARKET**

A 2020 SURVEY REPORT

Brought to you by Triib + TrueCoach



CROSSFIT AFFILIATION IS STILL RELEVANT

In addition, among those surveyed who were asked, "What's the most important thing Cross-Fit could do to enhance your perception of the organization/being an affiliate?" around 25% of responses involved improving inclusivity of some kind. Themes spanned several categories:

- · promoting diversity at each gym and within CrossFit leadership
- making CrossFit more affordable, to attract representation across the socioeconomic spectrum
- reducing the athletic barrier to entry with more classes geared toward intro-level workouts, health education, and programming or older members, as well as revising the Open level structure
- and, most popularly, investing in local communities to introduce CrossFit to younger prospects.

AFFILIATE SUPPORT

A number of open-ended respondents noted a contrast between the cost of affiliation and the degree of support they felt is received from the organization. There was also a significant amount of feedback by owners and members who seek not only better communication from all levels, but more involvement and standardization across the board, including:

- · Improved standards for coaches and affiliates, as well as exclusive resources and increased education opportunities for owners and coaches
- Alignment of regulations (e.g. social distancing policies) across all affiliates
- Strengthened Level 1 coaching requirements to ensure quality and consistency across gyms
- · CrossFit leadership involvement with affiliates at a local level, including visits to local gyms



affiliation with CrossFit

has definitely increased in

importance, the associated

fees are high, and CrossFit

leadership needs to begin

offering innovative bene-

fits and incentives to add

value beyond just the use

Prioritizing Inclusivity 83% of owners and 80% of members said they believe CrossFit will be more inclusive in the future, as evidenced by initiatives such as CrossFit's Diversify Program. Affiliate Support Other initiatives have included Cross-Fit's new scholarship program, as well as the affiliate representative ini-

Roza's Plans

SECTION 3: CROSSFIT AFFILIATION IS STILL RELEVANT

SHIFTING BRAND SENTIMENT

After the Greg Glassman scandal in early 2020, it felt as though the community was more ready than ever to distance itself from the CrossFit brand, with more than 1,400 affiliated gyms publicly announcing their intention to disaffiliate. But, now that the dust has settled, it has become ing than going, as Morning Chalk Up explains.

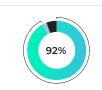
Much of the reason most gyms have remained affiliated with CrossFit is because they're happy and hopeful about recent changes, and they have a positive view of new CrossFit LLC owner and CEO Eric Roza.

tiative (each region in North America will have an affiliate representative to tackle local issues including expanding diversity).

Roza has also made promises to support the community from the top down, including a plan to help affiliates be more financially successful.

favorable view of Roza, 61% of them

a "strongly favorable" view. BY AGE



92% of respondents, including owners and members, have a positive view of the future of crossfit, with 63% of them reporting a "strongly positive" view.

OWNERS/MEMBERS

SECTION 2: SANITIZED AND CLEANER CONDITIONS ARE A MUST

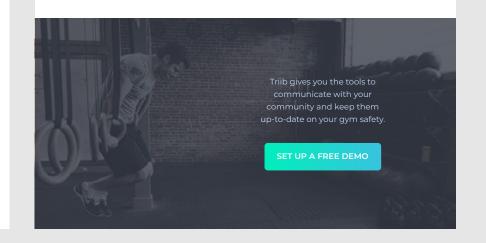
1. There's no such thing as too

- clean: Remember, half of the members surveyed said they will leave if cleanliness isn't up to snuff. From an owner perspective, this means it's time to create a cleaning and sanitization plan, and communicate it to your members. Consider building a landing page on your website that clearly states your COVID safety precautions. In addition, send regular email checkins about cleaning procedures, and put printed signage at the front desk explaining the new safety measures.
- 2. Prioritize your members' needs: Allowing users to set their own levels of comfort is crucial. Perspectives on safety and hygiene vary widely, and each gym likely has its own balance or consensus among the community. Owners should make every effort

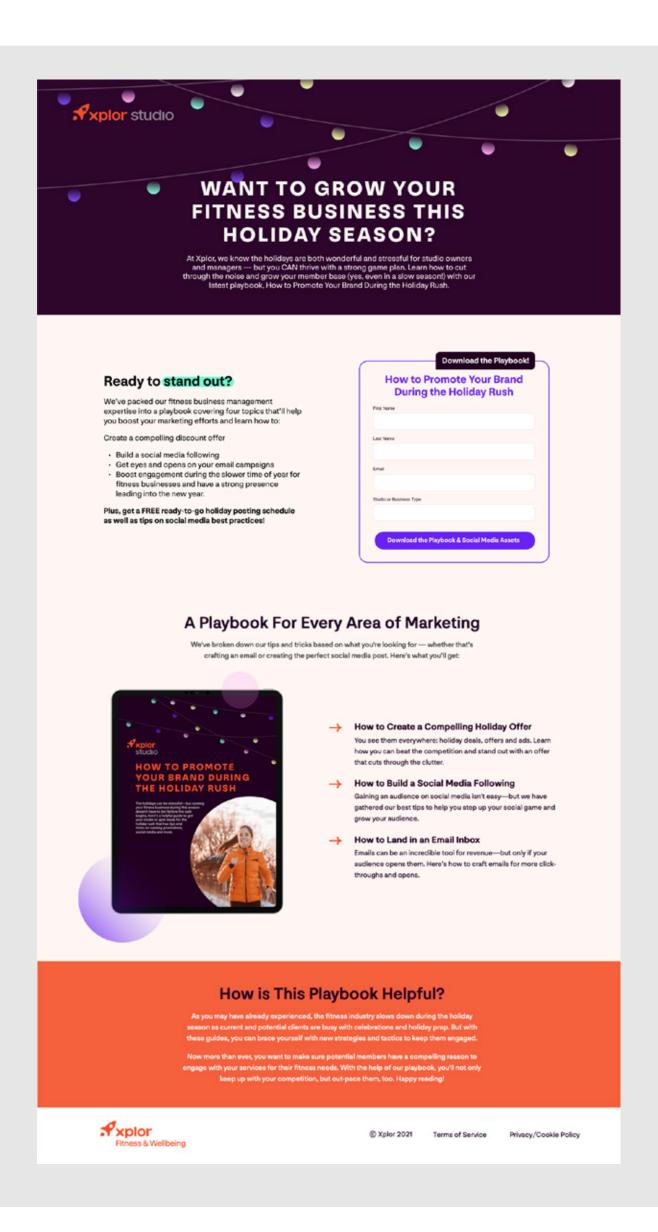
to meet participants where they are most comfortable, embracing differentiated membership or class types as needed, so as to not put long-term retention at risk.

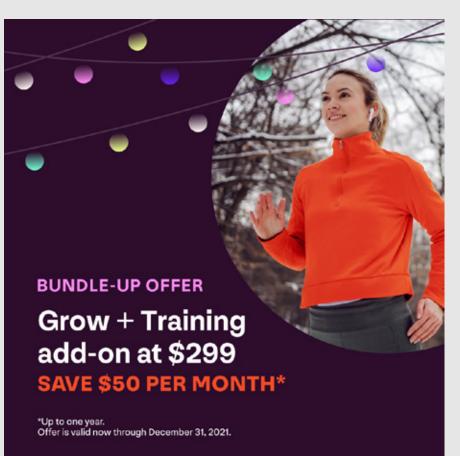
Keep the dialogue open: Understanding your members'

viewpoints is crucial. Owners can, and should, survey members in order to gather their sentiments and provide opportunities for anonymous feedback. Host events where members can connect outside of a WOD and share their perspectives, or use Triib's email or SMS features to gauge individual feedback. Make it clear you're listening and prioritize making sure users feel safe — because even if you think you're doing a great job, remember that only 61% of members might agree.



COMPLETE November 2020 **CAPABILITIES** Creative Content, Data Visualization SASHA ICHOONSIGY











COMPLETE December 2021 CAPABILITIES Web, Creative Content, Paid Social SASHA ICHOONSIGY





OUTSMART THE ALGORITHM

The algorithms on social media are always subject to change, but here are some ways you can currently use it to your advantage and stand out.

Cater the Content to the Platform

strengths. Plus, people use them differently. That's why it's crucial to post unique content to each channel, or at least modify it to fit the audience. For example, LinkedIn should be used for informational posts while video is great for Instagram. For more on the best content for platforms, check out this breakdown from English.

(Video) Content Is King In the fitness vertical, video content is a great

way to introduce yourself, your studio and your workouts. In fact, the Instagram algorithm prioritizes Reels, which is a great place to prioritizes Keels, which is a great place to start—and you can also have fun with Tik Tok. Video not your thing? Ask a trainer or staff member to take over. Employees who are at your studio or gym usually have a great eye for capturing fun things that happen during class, your sweet retail offerings, a stocked fridge with new luices, etc. with new juices, etc.

Work Your Instagram

Utilize story posts and story highlights on Instagram as a way to reach your viewers. By posting to Instagram Stories more often, you have a better chance of reaching viewers as they browse their daily stories. The more views, the higher your ranking on Instagram

Be Strategic about Hashtags Hashtags are tricky, but are effective when you use them correctly. Rather than listing

dozens of words, stick to specific and relevant words. When you find the right ones, it can help people find your brand and grow your audience. Beyond using hashtags in posts, you can also use hashtags for campaigns—see more on that in this Hootsuite blog. But be sure not to use a banned hashtag, as it could de-prioritize





GETTING PEOPLE TO OPEN

You have your content and are ready to push to your holiday audience but how do you actually get people to open?

Start sending now The best way to catch members' attention

during the holiday rush is to hit the inbox early, or before your local/regional competition. Right now, your members are probably already thinking about holiday deals for family & friends.

Too soon? No such thing More than 50% of consumers begin their holiday shopping well before Black Friday rolls around; 45% start before November 1 and 25% start before October. (Source: RetailMeNot)

Time it out

No matter when you reach out, do it at the right time of day when your members are most likely to be checking their inbox. Some helpful stats:

- 58%+ of American adults check their email first thing in the morning. (Source: Customer Intelligence)
- Millennials are most likely to check their email from bed (70%), from the bathroom (57%), or while driving (27%). (Source:
- For the holidays, if you choose to send on a peak volume day, you're most likely to generate the highest revenue per email by sending around 12pm on Thanksgiving, 4-8am on Black Friday, and 8–10am on Cyber Monday. (Source: Experian)

Consider a few strategies before hitting send:

Start sending now

Subject line hacks
Open rates are driven by subject lines, which is your one opportunity to give recipients a preview of what they'll see. Some helpful

catching people's attention especially if your base skews younger.

Get personal Populate first name dynamically in the subject line to show members they're not just a generic audience. Even simply including their name in the body of the email can help distinguish your email from others and

message is generic. Make recipients feel special Teasers such as "For members only," "For you," "You're invited," and "Early access" will instantly pique interest and make members more likely to engage

instantly add a personal touch even if your

- Keep it brief Try packing a punch in as few words as possible so your email is visually distinct from the subject lines stacked above and below your email in
- Test, test, test 50/50 split your recipient list and test subject lines at every opportunity to learn what works for your specific audience.

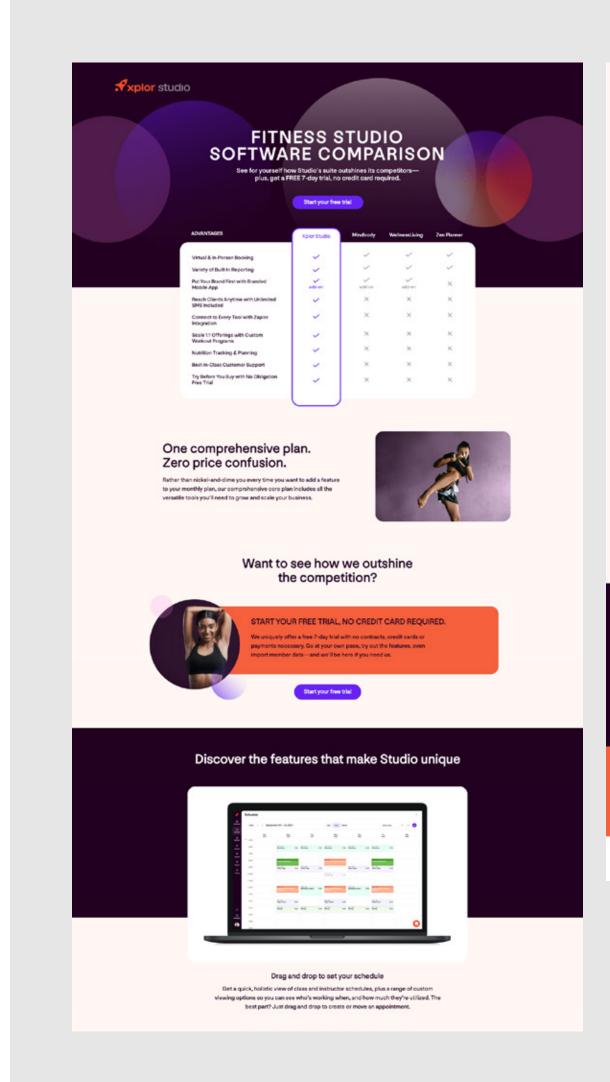


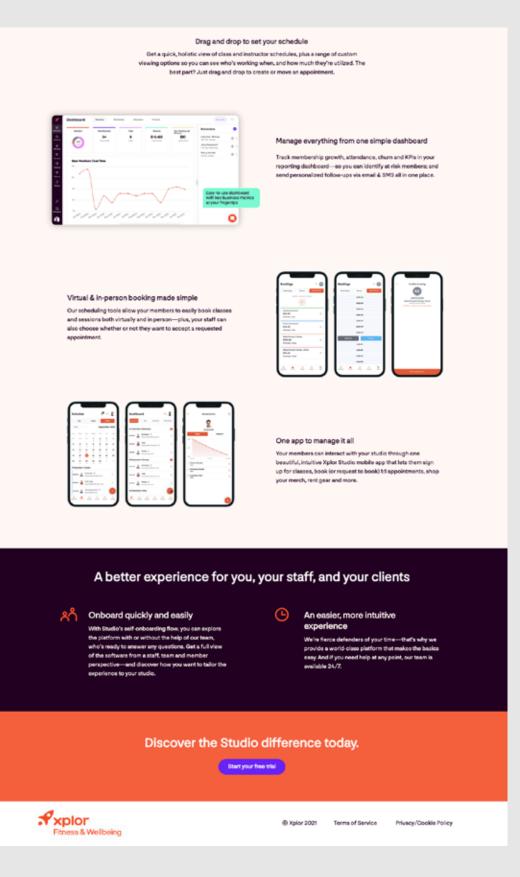
Why pay special attention to Gmail? First of all, Gmail accounts for 27% of all email opens. (Source: TechJury.net) But beyond that, in 2021, Gmail overtook Apple to become the top-ranking email client with a market share of 27.8%, including 61% of 18-to-29-year-olds—so it's crucial to know how to take advantage of the platform to best serve your content. (Source: Litmus)

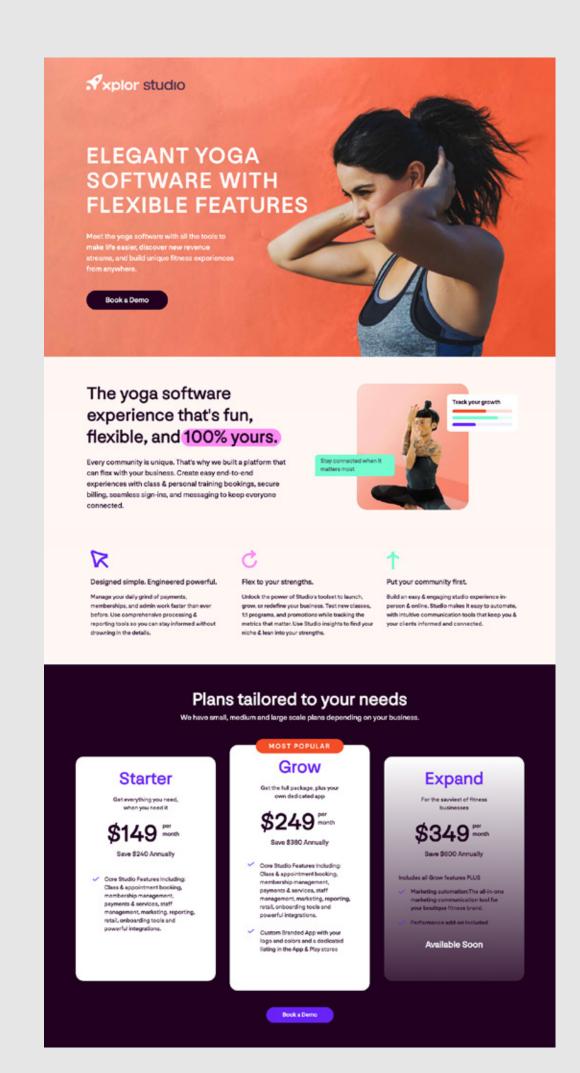
IN CLOSING, JUST REMEMBER

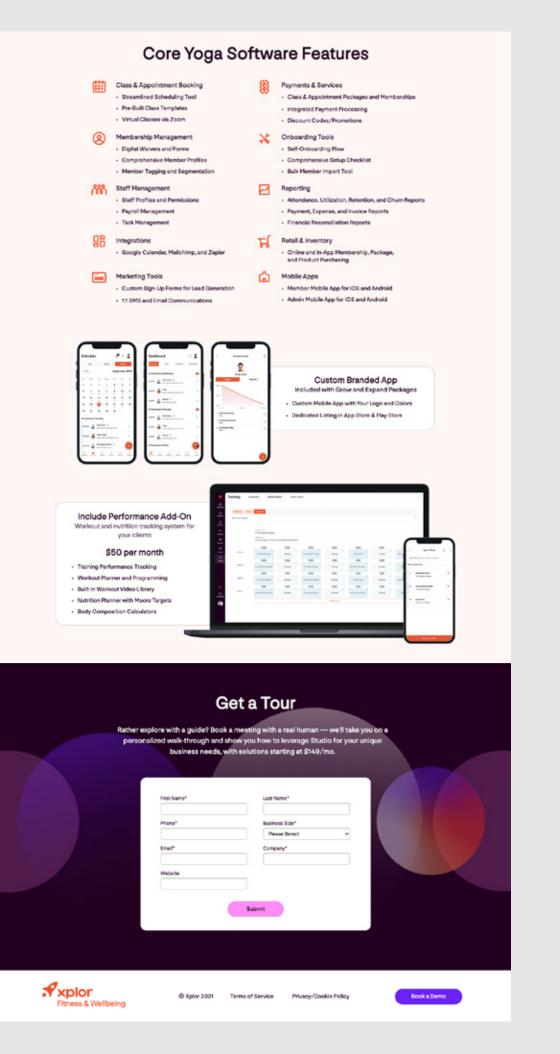
BOOK AN XPLOR STUDIO DEMO

CAPABILITIES Web, Creative Content, Paid Social **COMPLETE** December 2021 SASHA ICHOONSIGY

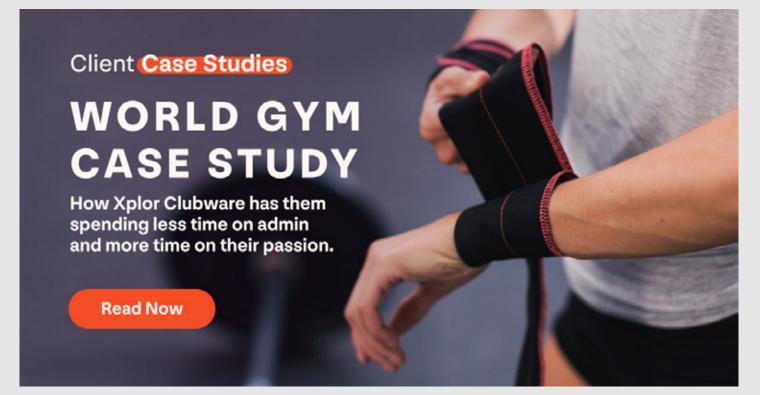


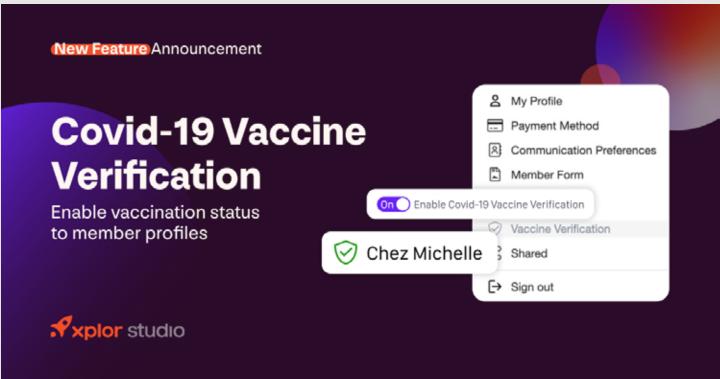


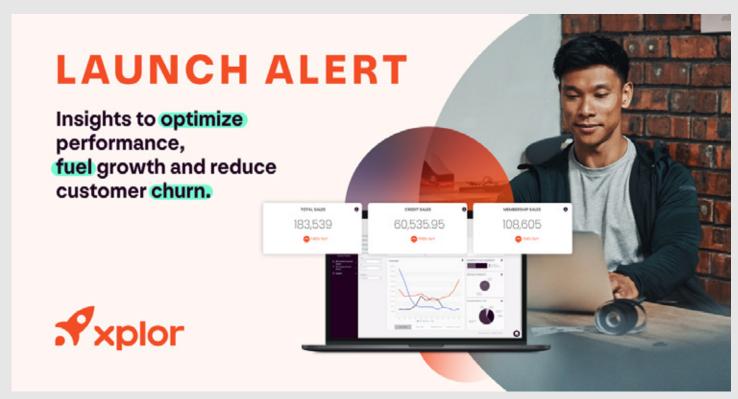




COMPLETE December 2021 CAPABILITIES Web SASHA ICHOONSIGY







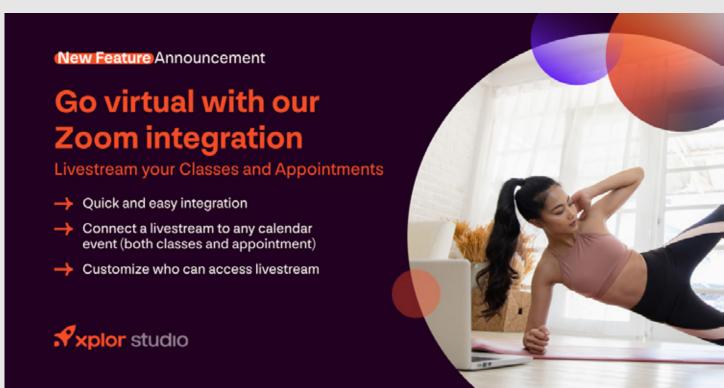


An Update on the Current Fitness Landscape and Consumer Expectations in a Post-COVID-19 World









COMPLETE February 2022 CAPABILITIES Organic Social SASHA ICHOONSIGY

11 FEAST WITH THE BEASTS REBRAND SASHA ICHOONSIGY

FEAST WITH THE BEASTS REBRAND

On the 14th year of this annual food, drink, and music event, Feast With the Beasts was due for an updated look to better align with the new master brand of the Houston Zoo.

This event is marketed to 21+ foodies and music lovers, and is the priciest of Houston Zoo's paid events.

As such, the branding was developed to feel sophisticated and indicative of its evening setting.

Each of the several thousand attendees are sent a digital ticket, map, and list of restaurants and bars on Zoo grounds. This guide also features a schedule of animal experiences and concert start time.



Branding

Digital

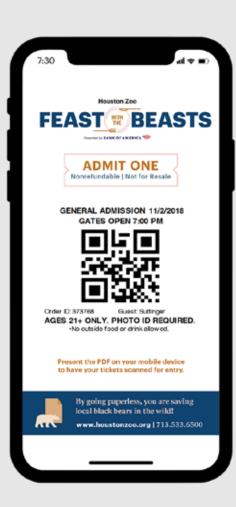
Signage

Merchandising

COMPLETE

November 2019











12 FEAST WITH THE BEASTS REBRAND SASHA ICHOONSIGY

FEAST WITH THE BEASTS REBRAND

Marketing leading up to the event featured printed posters on Zoo grounds, as well as digital ads on a variety of platforms.

The night of the event, guests could participate in silkscreening their own souvenir tote bags in the color of their choice, at a two-station setup with a local screenprinting company.









CAPABILITIES

Branding

Digital

Signage

Merchandising

COMPLETE

November 2019

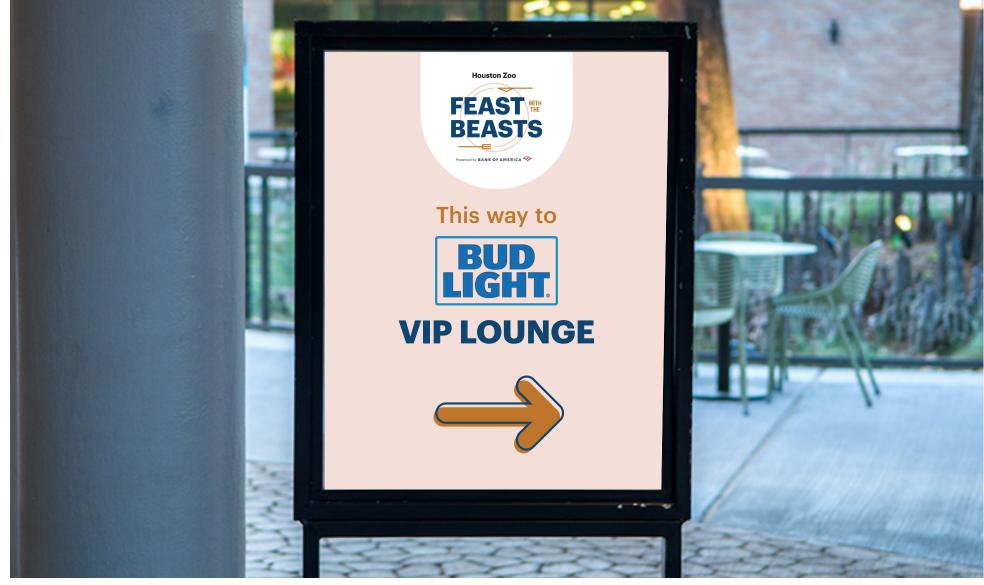
13 FEAST WITH THE BEASTS REBRAND SASHA ICHOONSIGY

FEAST WITH THE BEASTS REBRAND

The Houston Zoo is situated on 55 acres of property and providing ample wayfinding signage is a priority. The overall map was divided into three sections — each featuring a list of restaurants and animal experiences in the area. These were found at the entrance and exit to each section.

Additionally, a variety of signage was placed throughout to help guests locate drinks, animal experiences, restrooms, and the concert.









CAPABILITIES

Branding

Digital

Signage

Merchandising

COMPLETE

November 2019

14 CENTENNIAL CAMPAIGN DONOR BOOKLET AND INSERTS SASHA ICHOONSIGY

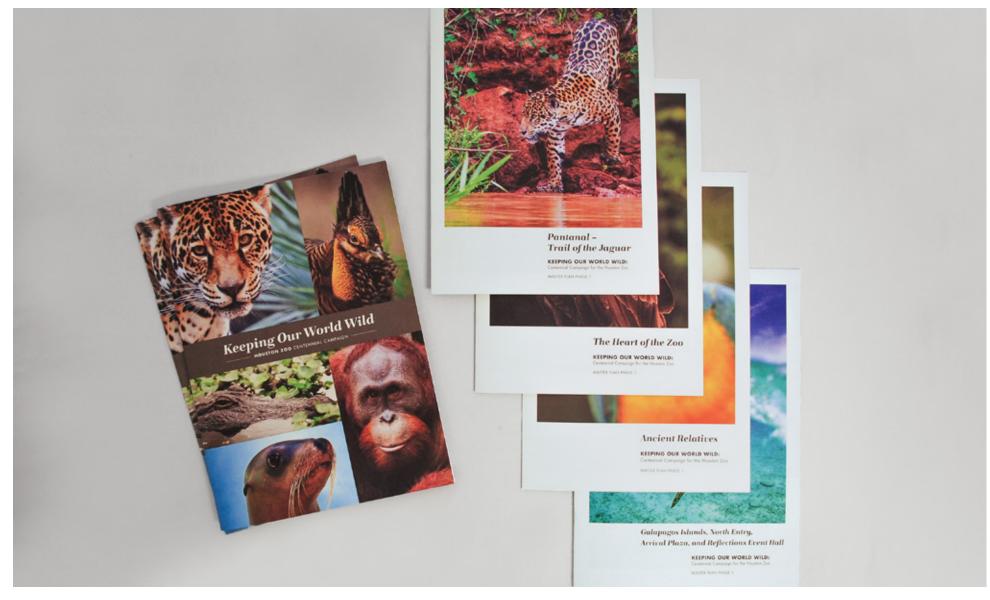
CENTENNIAL CAMPAIGN DONOR BOOKLET AND INSERTS

Leading up to the 100th year anniversary of the Houston Zoo, the Development team has been fundraising for an amibitious campaign to revitalize four sections of the Zoo grounds. As they met with donors, they requested to have a succinct document they could leave behind with them.









CAPABILITIES

Print
Coordination with Executives

COMPLETE 2018

CENTENNIAL CAMPAIGN **DONOR BOOKLET AND INSERTS**

The booklet set features an overview of the Centennial Campaign, from the Zoo's founding history to its current mission. In the back, there is a pocket that can hold up to four additional inserts, one for each project slated for Phase 1 of the Centennial Campaign. These inserts are selected based on the interest of the donor and feature more detailed information about those regions of the Zoo.

This project was coordinated with the Houston Zoo CEO, the Development Vice President, and writing staff. It is a living document that continues to grow and change with the campaign.

CAPABILITIES

Coordination with Executives

2018





















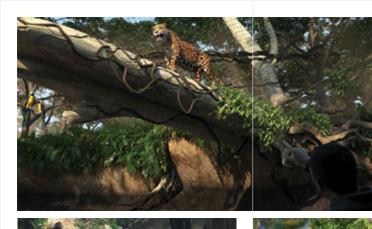




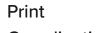












COMPLETE



16 HOUSTON ZOO NEW BRAND IMPLEMENTATION SASHA ICHOONSIGY

HOUSTON ZOO NEW BRAND IMPLEMENTATION

In 2018, the Houston Zoo unveiled a new logo, developed by an outside firm. The Houston Zoo Graphics team was given outlined logo files, a set of fonts, a preliminary color palette and the free rein to implement visuals across all departments and projects.

This rebrand included general marketing materials such as printed postcards, email correspondence with general guests and Zoo members, and countless other printed and digital pieces.











We're Still Bringing the Zoo to You!

Starting today, we're continuing to bring the Zoo to you every Wednesday at 11:00 a.m. with a weekly Facebook Live series featuring some of your favorites, including elephants, lions, monkeys, and more. Set your reminders as we take you live from the Children's Zoo with one of our Ambassador Animals today!

Member spots now open!

The Houston Zoo is now open, and we can't wait to have our members back again this summer! All members must make a reservation online before visiting. Additional spots were added and reservations are now available through June 30. Make your reservation today!

Reserve Your Spo



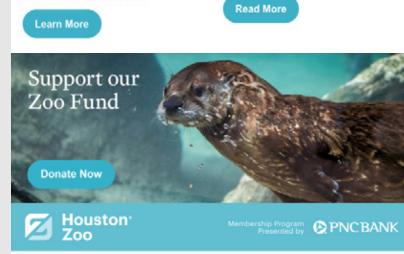
Camp Zoofari TV

We're bringing Camp Zoofari to you this summer. Tune in to My20 on Wednesdays at 11:30 a.m. through the end of July! You'll get to explore the Zoo with Camp Supervisor Nick to learn all about our animals.



Texas Wetlands Turns 1

While we were closed to the public, our Texas Wetlands exhibit turned ONE! Check out a few of the beautiful flowering wetland plants that have bloomed during our closure.













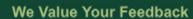
Missed the giftshop during your visit? Don't worry,

your favorite merch is now online! Get your elephant plush and Houston Zoo shirt from the comfort of your couch.



A Zoo membership pays for itself in two visits per year-you're halfway there! For limited time apply the price of your admission to a membership. To take advantage of this exclusive offer, contact our member services team at membership@houstonzoo.org or (713)533-6535. Hurry, this offer exp Friday, June 19 at 5pm CST.

Learn More About Membership



Tell us what you think — for a chance to win! Please take a moment to participate in a brief survey about your experience. It should take under five minutes to complete and your feedback will help us serve you better during this

BEGIN SURVEY









CAPABILITIES

Print

Email Signage

COMPLETE

Ongoing

17 HOUSTON ZOO NEW BRAND IMPLEMENTATION SASHA ICHOONSIGY

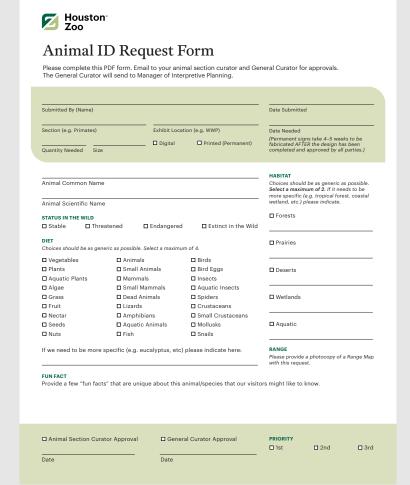
HOUSTON ZOO NEW BRAND IMPLEMENTATION

Rebranding also involved pieces that guests might never see. Working closely with other departments, documents were developed for outside partners, Zoo staff, and everything in between. To unify the Zoo's brand and ensure a clear, concise message, photography, illustration, and typography were heavily considered and standardized.











2019 Conservation Action Talking Points

These talking points can be used in conversations with Zoo guests on grounds, and during Zoo events/programs/activities to encourage our guests to take action to save wildlife!



PAPER REDUCTION

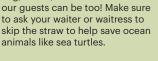
Purchase recycled content toilet paper to save animals like black bears!



Megan Farias





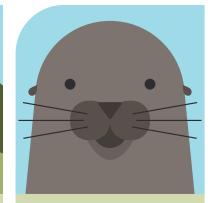


The Zoo is now single-use plastic bag, bottle, AND straw free... and

PLASTICS REDUCTION







SUSTAINABLE SEAFOOD

Download the Seafood Watch App! (Help guests by showing them how by selecting their favorite seafood. Highlight salmon, tuna, shrimp and what logos they should look for when buying these products.)







POLLINATOR AWARENESS Plant native plants to restore

like the monarch butterfly.

pollinator habitat for animals

Michelle Witek



SUSTAINABLE PALM OIL

Write letters to companies using the Zoo's online platform and encourage/thank them for using sustainable palm oil.

Write your letter today. houstonzoo.org/palmoil



Dr. Nurzhafarina Othman



ELECTRONICS RECYCLING

Recycle your unused handheld electronic devices and cell phones to help save animals, like gorillas, in the wild! Recycling reduces the demand for new materials to be mined in gorilla habitats in Africa.



Joanne Baptista



The Zoo's strategic plan aims to see a 25% increase of Zoo guest's awareness of one conservation action message as a result of their Zoo visit. You can use this resource to include conservation action talking points in interactions with all zoo guests to support the Zoo's mission.

CAPABILITIES

Print

Email Signage

COMPLETE

Ongoing

18 KATHRINE G. MCGOVERN TEXAS WETLANDS CAMPAIGN SASHA ICHOONSIGY

KATHRINE G. MCGOVERN TEXAS WETLANDS CAMPAIGN

The Kathrine G. McGovern Texas

Wetlands was the first exhibit completed
as part of the Houston Zoo's Centennial
Campaign. In preparation for the 2019

Memorial Day weekend opening, there
were billboards placed throughout
Houston.

Houston Mayor Sylvester Turner joined Houston Zoo CEO Lee Ehmke for the grand opening, which was covered widely by local media.









CAPABILITIES

Print
Signage
Merchandising

COMPLETE

May 2019

KATHRINE G. MCGOVERN TEXAS WETLANDS CAMPAIGN

Donors of the Houston Zoo Centennial Fundraising Campaign were invited to an exclusive preview lunch hosted in the habitat before it opened to the public.





CAPABILITIES

Signage

Merchandising

COMPLETE

May 2019

KATHRINE G. MCGOVERN TEXAS WETLANDS CAMPAIGN

Adjacent to the new Texas Wetlands habitat is a large outdoor event space that can seat up to 200 people. The Houston Zoo Special Events team requested a canvas tote bag and postcard to promote the new exhibit and generate interest in the Lone Star Pavilion.

These pieces feature animals guests will see in the Texas Wetlands habitat, with a more refined design treatment that can live comfortably alongside the exhibit branding.







CAPABILITIES

Print
Signage
Merchandising

COMPLETE

May 2019