



Fitness Fashion Friday: New Workout Clothes from Warrior Elements



Grinning from ear to ear at the site of new activewear! My favorite ;)

Happy [Fitness Fashion Friday](#) my friends! Yay for the upcoming weekend. I have been teaching a crazy schedule this week (5 spin classes in 2 days!) So I'm VERY ready to relax and unwind this weekend. Before I head out, I want to share some photos and thoughts from a recent fitness + fashion event.

Last week I was super excited to receive an invitation to special clothing line debut from a local Dallas designer, [Gail Warrior](#). [Gail](#) is a high-profile, Dallas-based entrepreneur and founder of [The Warrior Group](#), a commercial general contractor, and the [Heart of a Warrior Charitable Foundation](#). She's also a lifelong fitness and healthy cooking enthusiast, so creating the [Warrior Elements clothing line](#) was a natural fusion of her professional experience and her personal passions for health, fitness, fashion and motivating others.

The clothing line debut took place at [Equinox Preston Hollow](#) and was super swanky. Not only did I get to check out awesome new activewear from a local Dallas designer but I also enjoyed delicious treats and "mocktails" (i.e. healthy non-alcoholic cocktails) throughout the evening.

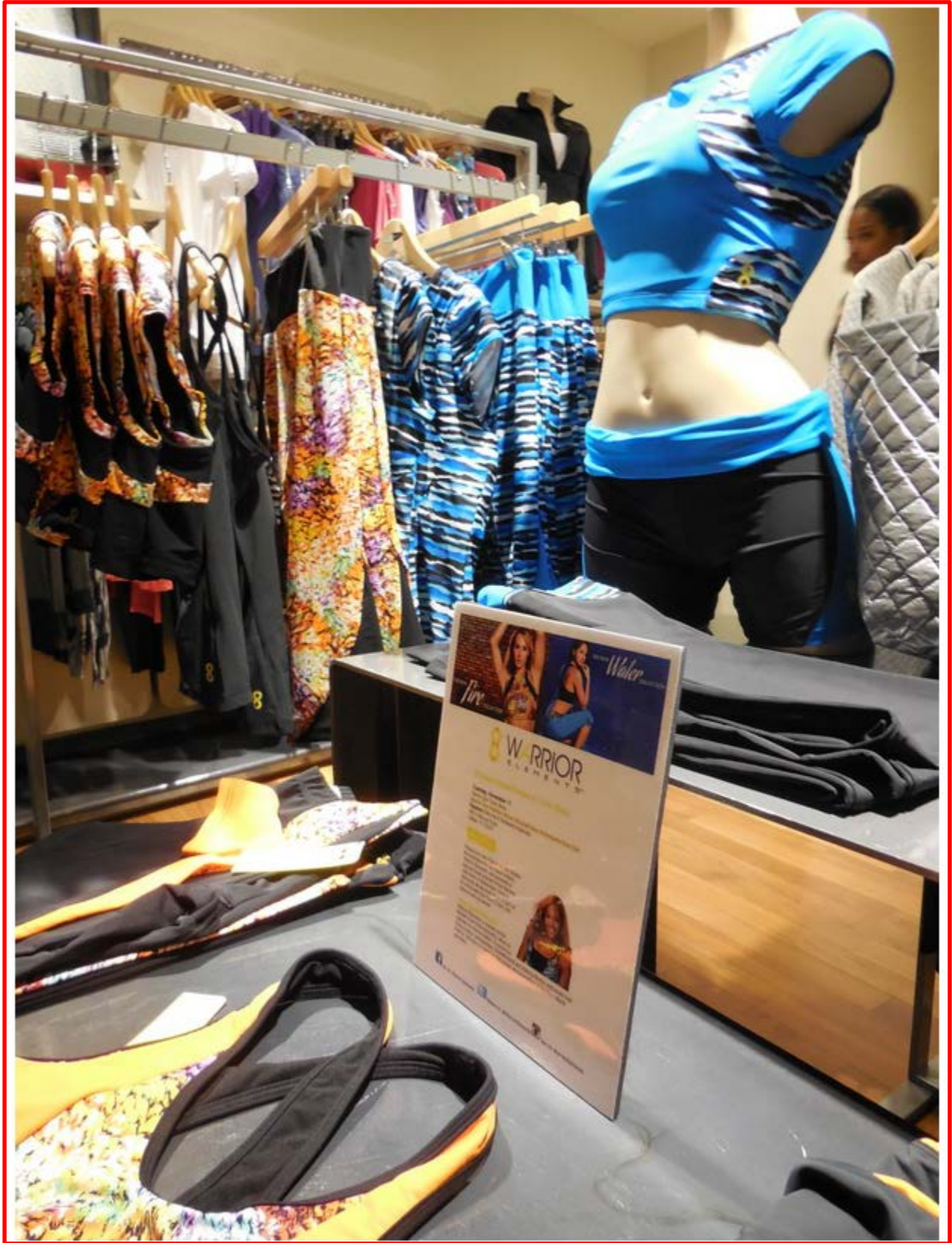


Enjoying yummu goodies at the [Warrior Elements Debut!](#)

As for the [Warrior Elements](#) clothing line, I liked the consistent theme of Earth, Wind, Fire, Water. Each item in the collection is associated and color-coordinated with one of the elements. For instance, the blue workout clothes are a part of the Water collection. Most importantly, I loved the positive vibe I got from Gail and her team. There's nothing more important than good energy – right?

Here are a few more photos from the evening. If you're looking for some new workout clothes for the holidays, check out these pieces. Let me know what you think! Until then, I'll catch up with you on Monday.

Have a wonderful weekend! xoxo, Brit



Checking out the Warrior Elements Women's Activewear – lots of fun styles to choose from



Crystal Pollard (left) and Gail Warrior (right) posing for the camera. Crystal is a fellow group fitness instructor with me at 24 HR fitness – we go way back ;)



Models showing off the Warrior Elements Activewear