



Corporate Fitness Sessions



Take your team building initiatives to the next level. Corporate Fitness Sessions are the perfect way to simultaneously boost your staff's health status, morale and camaraderie.

Is your company struggling with...?

- Staff burnout due to a lack of work-life balance
- Low staff morale
- A lack of teamwork and camaraderie
- Communication between staff members
- Unproductive and unenergetic staff
- Staff with health risk factors such as overweight or high blood pressure

The solution

Make fun and fitness a part of everyday life in your workplace. Corporate Fitness Sessions are a simple way to boost work-life balance throughout your workplace and help prevent your staff from becoming unproductive and burnt out.

Company benefits

- Create a genuine "team feel" in your workplace
- Improve communication and retention of your 'generation Y' staff
- Boost your staff's energy levels, wellness and productivity
- Be recognised as an "employer of choice"
- Reduce injuries, illness and overall absenteeism
- Create team morale in the lead up to a corporate triathlon or sporting event

What's involved?

- An initial health and fitness screening for each participant
- Weekly group fitness sessions at your workplace or a nearby park
- All exercise equipment provided
- Fully qualified and insured Exercise Physiologists conducting each session, to achieve the best possible results and to maintain safety and injury prevention standards
- Progress 'Report Cards' for each participant
- 'Impact Reports' to share results on participants' health improvements and to overview the benefits your company or team is reaping

Logistics and Costing

Corporate Fitness Sessions are one of the best investments you could make from your training budget. The investment is \$200 ex GST per session for a group of up to 15 (i.e. less than \$15 per staff member). We offer a choice of 6-week, 12-week and ongoing programs.

Our qualified and experienced providers are available in each capital city throughout Australia. Your company's convenience is our priority, with all sessions held at your workplace itself or in a nearby outdoor location, and with flexible times to suit your team's typical working hours.

Call us today to find out more about a program specifically tailored to suit the size of your team and to achieve your particular aims.

