



CORPORATE BOOT CAMPS

10 week program for up to 14 staff (larger group size & longer program costs upon request)

Wall2Wall Fitness provide:

- All equipment
- Structured 45-55min sessions
- 1 x qualified trainer/fitness coach
- The necessary council permits
- The motivation

Cost:

One session per week- **\$1750**

Two sessions weekly- **\$3300**

For best results **Wall2Wall Fitness** recommends 2 x sessions weekly, but understand that workplaces do have time constraints and often this is not possible.

If preferred, workplaces can suggest the style of training they wish to undertake, particularly if they have a common specific workplace team goal.

Wall2Wall Fitness offer various training options including, but not limited to:

Boxing - Running - Pilates - Circuits - Weights

BIOAGE TESTING

BioAge is a measurement of a person's 'real' or 'biological' age telling you how well you are performing for their years. BioAge is cutting edge health and fitness software that harnesses the latest findings of behavioral psychology to help **increase motivation** and **exercise adherence** and therefore **client results**. It does this by facilitating what we call self determination, which is necessary for sustainable behavior change.

Cost:

\$75 per person per test. Includes 7 day food diary analysis & personal fitness appraisal.

We recommend this BioAge Testing every 16-20 weeks.

CORPORATE FITNESS DAYS

How about a day out for all your staff? We can program a fitness/team building/sports day for your team.

Let us organise an appropriate location, healthy lunch and activities to suit your budget.

WORKPLACE HEALTH & FITNESS SEMINARS

We come to you with experts from the industry and provide your employees with a relevant topic of your choice. Topic ideas from personal and workplace Health, Nutrition & Fitness.