

# Strong Team, Strong COMPANY.



Fit Farm Fitness Club's  
Corporate Wellness Package



# Poor Health is your biggest enemy.

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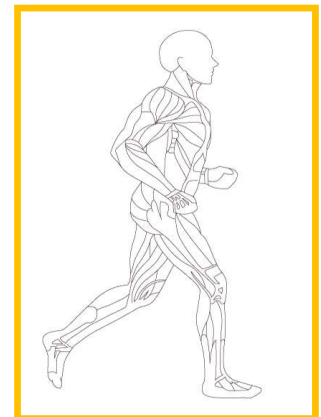
## The Strength of your Company

Day by day, the call for individuals to live healthier lifestyles gets louder, especially during a time when obesity, diabetes and hypertension are on the rise. Conditions such as these are life altering and can have staggering effects on any business, large or small.

## The Strength of your Bottom Line

A workforce in poor health can result in inefficiency and loss of funds and poor performance due to illness and fatigue. Conditions such as Diabetes, Obesity, Hypertension, and Heart Disease directly affect company costs through, sick leave, absenteeism, health care claims, workers compensation etc.

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## Fit Farm Fitness Club can help improve the Health of your Bottom Line

***Much of the cost associated with healthcare is preventable.***

Common conditions and diseases can be prevented or managed by simply re-designing your lifestyle to include a regular exercise routine. Fit Farm Fitness Club brings real value by answering the call for a comprehensive and cost effective employee wellness programme. We aim to help you reduce loss incurred through sick leave/ absenteeism, health care claims and simply poor performance due to illness and fatigue.



## Fit Farm is Diverse.

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**We offer a wide range of innovative exercise programmes.**

### **Yoga**

Improve strength, conditioning and flexibility while integrating body and mind.

### **Spinning**

Increase cardiovascular health and endurance, tone and strengthen legs, burn more calories more quickly.

### **Weight Training**

Tone and condition all major muscle groups with state-of-the-art equipment and machines.

### **Group Exercise**

A wide variety of fitness programmes and classes including aerobics, body sculpting, step aerobics and *our famous outdoor Boot Camp.*





## We are Unique

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### Fit Farm BOOT CAMP

Along with its one of a kind “family” atmosphere, the uniqueness of Fit Farm Fitness club is further enhanced by its intense and motivational Outdoor Boot Camp. Specifically designed for those who are serious about weight loss and a healthier lifestyle, Fit Farm Boot Camp has, for so many, become synonymous with results!

We have created a tried and proven, fitness and conditioning programme for all who desire one-on one, personal fitness training while remaining in a group setting. This comprehensive exercise and training package is designed to eliminate every demotivating muscle in your body as it provides a challenge in a fun outdoor environment. ‘Drill sergeants’ personally encourage you, push you to the limit, monitor your progress and provide tips on eating right - always working with you in order to help you meet your goals.

*\*not included in regular gym membership*

### The Fit Shoppe

Fit Farm Fitness Club also boasts *The Fit Shoppe* which is the home of *Fit and Fabulous – Brazilian & Columbian Fashion Fitness-wear, Swimwear and Fitness Accessories*; and *Fit Fuel – Fitness, Nutrition & Bodybuilding Supplements*. At Fit Farm Fitness Club, it’s not only about working out, but also about working out in style and looking *Fit and Fabulous*; fashionable fitness-wear and accessories of the highest quality are available for women of all ages and sizes.

An essential part of exercising and staying motivated is the visible results as our bodies are transformed. However, the body is dependent on nutrition to perform its daily functions and respond well to all that we put it through – at Fit Farm, we offer a wide range of nutrition and also bodybuilding supplements to *fuel your lifestyle*. Our fitness experts are there for advice.





# We are Flexible

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At Fit Farm Fitness Club, we have designed flexible and creative membership and fitness packages to meet your needs.

## Company Purchase Plan

Employees enrol with no out-pocket expenses. Your company will be invoiced for the total number of memberships and you have the option of absorbing the full cost or deducting a portion of the fee from the employee's salary. If the company assumes the cost, the membership then belongs to the company. Therefore, if an employee leaves, the remaining time on the membership can be transferred to another employee. There is no employee minimum and the rate is guaranteed for yearly memberships only. (see page 6)

- Best Value:
- Highest level of employee participation.
- Cost Effective.
- Usage Reports provided for all participating employees.



## Payroll Deduction Plan.

The company pays a nominal annual membership fee and is then invoiced on a monthly basis for employee memberships. You make deductions from your employee's salary. There is no employee minimum and the rate is guaranteed for monthly memberships only. (see page 6)

- Easy to manage.
- Convenient for participating employees.
- High level of employee participation

## Group Rate Plan

Group Rates require a minimum of 10 new members during an open enrolment and are open for a maximum of 30 days (*minimum of 5 members for Boot Camp membership*). The company makes arrangements for a group of employees to sign up, employees personally cover their own membership costs and the company is not invoiced. (see page 6)



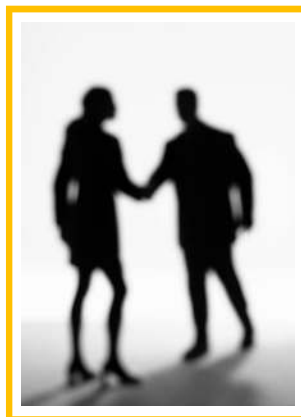
## How to get started. It's easy...

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- Provide a company contact person to answer any of your questions
- Promote the Fit Farm Wellness to your team
- Organize and conduct an on-site or open-enrolment to kick-start the program.
- Tell us of any changes in your company that may affect membership. (Such as hiring or release of employees)
- Enjoy the benefits of the Fit Farm Fitness Club Wellness Programme.

### MAKE YOUR BUSINESS “STRONG”

- Get and keep your company fit for the long run.
- Maximise overall health and business performance
- Minimise illness and down-time.
- Realize how strong your company can be.





# Rates

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## **GYM Regular RATES**

- 1 month - \$6,500
- 3 months - \$17,500
- 6 months - \$29,500
- 1 year - \$49,500

## **BOOT CAMP Regular RATES**

- 6 weeks - \$15,000
- 8 weeks - \$20,000 INCL. 1 complimentary month Gym Membership
- 12 week - \$30,000 INCL. 1 complimentary month Gym Membership

## **Corporate Purchase Plan** (see page 4)

Yearly membership fee of \$39,600 per individual. One Complimentary Executive Membership to every 10 employees.

## **Payroll Deduction Plan** (see page 4)

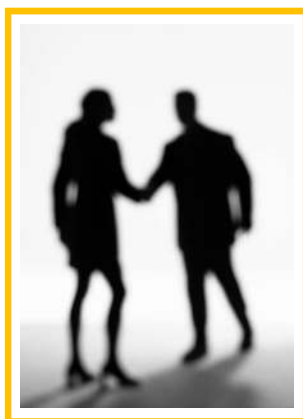
Company pays an annual membership fee of \$16,500. Employees pay \$5,000 monthly.

## **GROUP DISCOUNTS**

- 5 to 9 persons – 5% discount
- 10 to 20 persons – 10% discount plus 1 Complimentary Executive Memberships.
- 21 or more persons – 15% discount plus 2 Complimentary Executive Memberships.

## **BOOT CAMP DISCOUNTS**

- | <b>5 to 19 persons</b> | <b>20 persons or more</b> |
|------------------------|---------------------------|
| 6 weeks - \$12,000     | 6 weeks - \$10,000        |
| 8 weeks - \$16,000     | 8 weeks - \$14,000        |
| 12 weeks - \$24,000    | 12 weeks - \$21,000       |



# Everything you need to succeed is at the Farm.

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- Free group exercise & aerobic classes. You can get stronger when you work at it together.
- Competitive Prices on the top brands in Nutritional & Body-building Supplements, Brazilian & Columbian high quality Fitness-wear & Swimwear and more.
- Educational tools, such as on-site wellness seminars, to help your team understand the value of living a healthier lifestyle.
- An orientation tour of the facilities and 5 complimentary supervised work-out sessions with a written exercise programme.
- Online newsletters with nutritional information, sample work-outs and more!



*Reaping a Fit Crop*

