

BOXING/FITNESS PROPOSAL

As business owners or managers, it is important to remember that one of the most important assets to your business success is your employees! Most employees spend over 60% of their waking hours each day at work, so it makes sense to promote healthier habits and lifestyle choices to improve employees' health, happiness, engagement and productivity. Encouraging your employees to embrace fitness as a lifestyle choice pays off in numerous ways!

Listed below are 5 (out of dozens) important reasons to participate in activities focusing on a positive work/life balance and they directly relate to those people in today's busy and demanding workforce.

1. Increases Mental Focus

2. Increases Energy

3. Decreases Stress Levels

4. Improves Posture

5. Enhances Immune System

HOW CAN IGNITION FITNESS HELP?

We are committed to helping change people's lives and we believe that encouraging your employees to exercise with us will be a step in this positive direction.

We are approaching a limited number of surrounding business with the following proposals.

Proposal One: Our enthusiastic female trainers come to you and can design a 30 or 45 minute boxing and/or fitness session. We provide all the equipment.

Proposal Two: You come to us where we can offer everything from boxing, kickboxing, boot camps or fitness sessions. If you come to us we can divide your group if not everyone wants to do the same thing. We have a fully equipped gym with everything from 9 boxing bags and a full sized kickboxing ring through to a weights equipment area.

Prices are as follows:

1-5 people \$75 for 30 minutes \$100 for 45 minutes (group total)

6-10 people \$120 for 30 mins \$150 for 45 minutes (group total)

11+ people \$150 for 30 mins \$180 for 45 minutes (group total)

For example:

If you have 10 employees and they wish to train for 30 minutes, this would only be \$12 each! This is a fantastic deal!

Call us today to arrange a suitable time for your business on 0430 36 40 46 or check out more at www.ignitionfitness.com.au or come and visit us at Unit 2/1a Byth St Stafford 4053

