



Looking for a way to boost office morale, increase productivity and maintain a healthier, happier workforce?

B. Nick Fitness is the answer and will come directly to YOU!

In today's business world, companies are always looking for new ways to motivate their employees, increase productivity and ultimately decrease their bottom line. Companies are finding that incorporating physical fitness into their employees' lives is an extremely cost effective way to do all of this, plus more! Outside of the proven health benefits of consistent exercise, a physically fit employee tends to be more productive in their daily tasks, handles stressful situations more effectively, is able to handle the physical demands of a job with more ease and is generally less likely to get injured or sick.

Statistics indicate that companies who have implemented some type of corporate fitness program experience: a reduction in health care costs, increased productivity, improved attendance, improved employee focus, mental alertness and creativity, improved physical, emotional and mental health, leading to better employee and overall office morale. The benefit from the employee's standpoint is improved health and energy levels, decreased body fat, a physically fit body and a renewed mindset.

B. Nick Fitness offers a flexible, convenient fitness program that your employees can participate in, with limited space and no equipment. Our services are top notch and we offer 2 FREE sessions to prove it to you.



B. Nick Fitness Corporate Fitness Program

Group Size	Sessions	Session Cost P/Person	Monthly Cost P/Person
<p>A minimum commitment of 2 sessions per week and 3 people is required for group pricing. Prepayment of the full group for the month's sessions is required at the time of booking. For group pricing, there are no refunds for individual cancellations or no-shows, unless the entire group booking is cancelled in advance per the terms of the group training agreement.</p>			
3-4 individuals	2 Sessions per Week	\$25	\$200
3-4 individuals	3 Sessions per Week	\$25	\$300
5-8 individuals	2 Sessions per Week	\$20	\$160
5-8 individuals	3 Sessions per Week	\$20	\$240
9-12 individuals	2 Sessions per Week	\$15	\$120
9-12 individuals	3 Sessions per Week	\$15	\$180

- We charge the clients directly so this is free for the company to offer, unless the company wishes to subsidize the program. In that case, we can arrange a payment process with the company.
- For clients, our pricing structure may vary for each client based on how many days per month he/she plans on attending class.
- Enrollment is on a month-to-month basis with payment due at the beginning of each month.

Please contact us for questions or to discuss any special requests and or circumstances.