

Active* Aussies*

Group Fitness & Personal Training



Corporate Fitness Brochure

Active Aussies™

ABN: 65 353 324 789

PO Box 150, Mount Kuring-gai, NSW 2080

(02) 9457 7167

0402 733 944

admin@activeaussies.com.au

www.activeaussies.com.au

Corporate Fitness Programs

Active Aussies offer a wide range of fun and effective fitness programs, especially designed for businesses and their staff. There are multiple benefits for both the company and employee for having a corporate fitness program in place for your team. These include:

- Improved health, lifestyle and well being for team and their families
- Reduced absenteeism and productivity loss
- Increase in team & company morale
- Decreased employee turn over
- Stress management
- Decreased workers compensation costs
- Increase in vitality, confidence & self esteem
- Protection against some lifestyle diseases



Chris Bellette *BHMSC*
Master Trainer & Founder

Bachelor Human Movement
CIII & CIV Fitness
Senior First Aid
THUMP Boxing/Kickboxing Instructor
Working with kids check
Ex-Army Infantry
Retired elite basketball player
Fitness Australia member
Fully insured

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Active Aussies

Group Training
Personal Training
Buddy Training
Corporate Fitness
Older Adults
Kids Training



Our Trainers

All Active Aussies trainers are fully insured, registered fitness professionals with Fitness Australia - the peak governing body for our industry.

They are hand picked pro's and can help inspire your team to achieve incredible levels of fitness in relatively short amounts of time.

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Choose your corporate fitness program...

Boot Camp	A combination of military and elite level sport drills that will increase your fitness, develop muscle tone and incinerate fat!
Xtrain	These circuit-based workouts combine high intensity cardio and resistance training to create a metabolic effect and burn fat fast!
Boxing	Get rid of stress and learn some self defence and coordination while getting a great cardio workout and a super toned body.
Low Impact	Tone up and get into great shape - without jumping, running or high impact stuff. Great if injured, older, pregnant or just had a baby.

You can also choose a program that incorporates a combination of any number of the above session types.

All our sessions run for 45 minutes and are extremely effective for burning megaloads of calories and building lean, toned bodies. We can run sessions before or after work and even in lunch breaks if desired.

We are extremely flexible when it comes to choosing a location. We can train at a park close to your office or somewhere else that is convenient for your team.

We also offer 1-on-1 Personal Training for a more individualised approach to training. We can also conduct workplace fitness seminars and consultations as well as provide exercise programming too.

For more info, please visit our website:

www.activeaussies.com.au

Packages and Goodies

There are several package options available, and prices depend on how many team members you have taking part. If you have over 20 people interested in taking part, please [contact us](#) for customised pricing options.

Prices are as follows:

1 to 6 people	1 trainer	\$120 per session*
7 to 10 people	1 trainer	\$160 per session*
11 to 15 people	2 trainers	\$220 per session*
15 to 20 people	2 trainers	\$250 per session*
* All courses run in 12 session block minimum and payable in advance. All prices include GST and are subject to change without notice		

In addition to a new lease on life and a leaner, fitter, more toned body, each Active Aussies Corporate Fitness member will receive the following goodies in their welcome pack:

- Nutrition targets
- Water bottle
- T-shirt
- Training diary
- Nutrition diary
- Weight loss guide
- Monthly fitness testing
- Monthly fitness report
- Weekly motivational articles
- Weekly homework-outs
- Unlimited support



Payment options are flexible. We accept payments in cash, cheque, electronic funds transfer or direct debit.



“We love
Active Aussies!”

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If you are not completely satisfied with the service we offer, we will provide a complete refund of your money!

(Conditions Apply)

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Testimonials

"I've had gym memberships before, but this is the first time I have ever stuck with a fitness program long term. **I feel fantastic and I can see results.**"

Kirsty, 29yrs - Primary School Teacher

"**I've lost 8 kilos and 12cm from around my waist after only 4 weeks**...I think the scales must be broken!?"

Richard, 45yrs - Financial Planner

"I really enjoy the variety, **no workout is ever the same.**"

Tara, 24yrs - Customer Relations

"I like the way you **cater each workout to suit each person** and that you give me easier exercises than the younger ones!"

Lee, 65yrs - Retired School Teacher

"I can't get enough of Active Aussies. **I have lost 5kg in 2 months**, just from changing up my exercise routine. I'm feeling heaps more fit and people now comment on my muscles saying how toned I am! Its awesome training with other people and I have made some really good friends - they keep me motivated."

Filipa, 25yrs - University Student

"Chris is really professional and really **challenges me!** I look forward to coming to each session.

Phil, 34yrs - Mechanic

"I'm getting a lot **fitter** and **stronger** and I have a lot more **energy** thanks to Active Aussies' Boot Camp.

John, 44yrs- Local Business Owner

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