



FIND YOUR FITNESS WITH GINA

Corporate Team Building Fit Camps

Hi My name is Gina Heyn. I am expanding into corporate team building FIT CAMPS and I am offering businesses a free trial session. The sessions run for an hour and they would focus on team games/drills (with team group sizes varying each week) and everyone will be having a great time while getting FIT!

The benefits of these team building sessions to your businesses are:

- Healthier employees, meaning less sick days
- Increased energy and focus
- Increased productivity due to increased fitness levels
- Improves work environment and boost morale
- It keeps your employees happy which means increased staff retention
- Great stress reliever for all employees

The sessions would run weekly and the cost of these sessions are based on the number of people who would be attending:

\$150.00 per session for 10-15 people or

\$200.00 per session for 16-20 people

**If you have more than 20 people who would like to attend I would recommend that you hire me for multiple sessions, either on the same day or different days during the week. I am unable to take more than 20 people per session.

If you would like more details or to book your trial session just email me at Gina@FindYourFitnessWithGina.com or call me at 321-806-0183.

Gina Heyn

AFPA Certified Personal Trainer
www.FindYourFitnessWithGina.com

