

# PARTNERSHIPS CORPORATE



# YOUR EMPLOYEES

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Research shows that we spend **76% of our workday sitting down**, making movement and proactive wellbeing support more important than ever.

**For over 20 years, Fitness First has helped organisations build healthier, more energised teams through easy access to premium fitness, health and wellness solutions.**

With **significant upgrades** across our clubs including **Reform Pilates studios, new cardio and strength equipment, and enhanced, re-designed spaces** your employees can enjoy a more motivating, elevated training experience that inspires consistency and long-term healthy habits.

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# FIRST

# MORE BENEFITS.

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Regardless of the membership type your employees choose, they'll enjoy a wide range of training options to enhance their wellbeing, lift performance and build healthy long-term habits.

**As part of our partnership, they'll receive the following:**

Tailored exercise programs to keep their fitness on track.

Access to the latest strength and cardio equipment to help target key muscles and drive their fitness journey.

Reciprocal access to the full Fitness First network, 45+ clubs across a great mix of CBD and suburban locations throughout NSW, VIC and ACT.

**They'll also enjoy:**

Group Fitness Classes - a fun and social way to train.

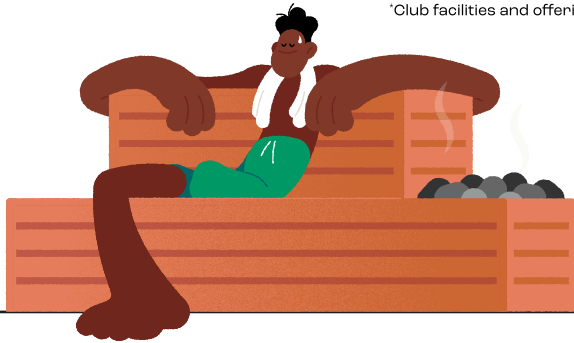
Premium programs including signature Reform Pilates and Les Mills Ceremony\*.

Relaxation zones including saunas & steam rooms\*.

EvoIt 360 Scans - body composition analysis that delivers 40+ health and fitness insights.

Ability to engage in additional Personal Training programs\*.

\*Club facilities and offerings may vary.



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# ONE MEMBERSHIP.

# MEMBERSHIPS

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We make it easy to bring health and fitness into your workplace with flexible membership options and solutions that suit teams of every size.

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# FOR YOUR TEAM

# MEMBERSHIPS

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## EMPLOYEE MEMBERSHIP PLANS

### PAY PER VISIT

Only pay when your employees visit the club. This flexible option is applicable at all clubs across our network and is ideal if usage may vary. Discounts are based on visitation volume.

### SUBSIDISED MEMBERSHIPS

We offer volume-based discounts starting from just 10 memberships. Choose to partially or fully subsidise access to all Fitness First clubs nationwide.

## ADDITIONAL OPTIONS

### GROUP EXCLUSIVE CLASSES

Fitness First instructors delivering one of our popular Group Exercise classes exclusively for your team.

### PREPAID PASSES

Purchase guest passes in bulk to offer to your staff or customers. We provide printed passes featuring your logo for easy distribution. Access is limited to staffed hours only.

### CUSTOMER REWARDS

Reward customer loyalty with access to Fitness First. This value-add option is ideal for sales or marketing teams looking to enhance customer engagement.

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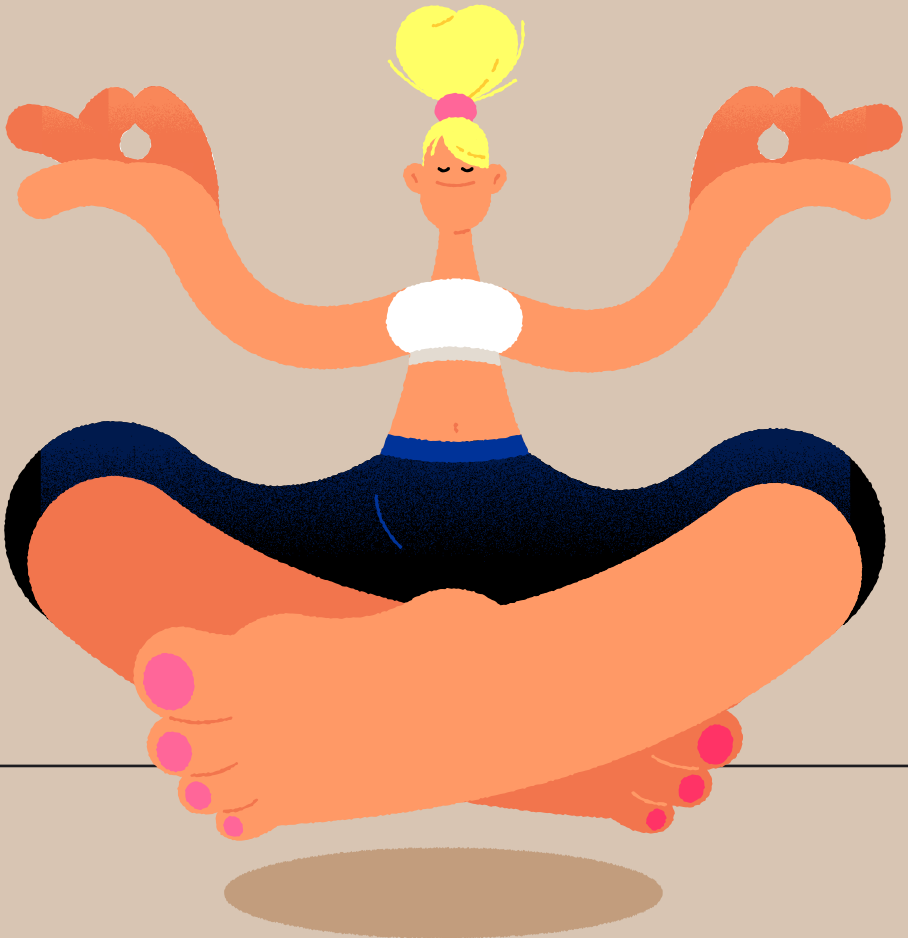
# FOR YOUR TEAM

# BEYOND THE GYM

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## CONFERENCES & TEAM BUILDING

Bring a **new dimension** to your conference with our experienced fitness leaders. Morning or evening sessions **energise your team, promote balance**, and help get the best out of participants throughout the event.



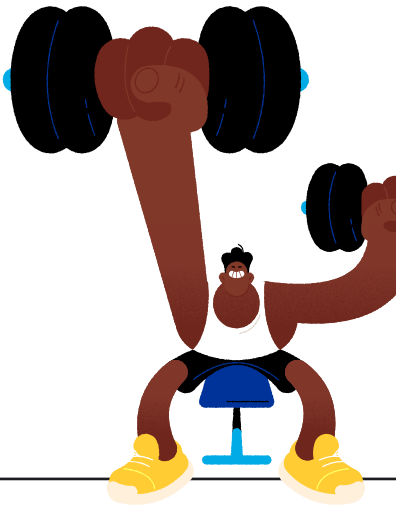
# LET'S PUT

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Regular movement boosts energy, improves mobility and helps reduce stress.

**Just 30 minutes a day can add up to seven extra years of life.**

Encouraging your team to engage in our corporate program supports their wellbeing, helping them show up with greater focus, resilience, and performance.



**DID YOU KNOW ONLY**

**22%**

**OF AUSTRALIANS**

**CURRENTLY MEET THE NATIONAL FITNESS BENCHMARK?**

We partner with organisations to put employee health first - so people can feel better, move more, and perform at their best.

**We're here to support you every step of the way in connecting with your team, including:**

- Program launch
- Promotional materials
- Onsite activities and events
- In-club activities and events
- Ongoing corporate offers

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# FITNESS FIRST



# GET IN TOUCH

Discover how Fitness First  
can help your team thrive.

VISIT:

[www.fitnessfirst.com.au/memberships/corporate](http://www.fitnessfirst.com.au/memberships/corporate)

***Fitness First***