



# CORPORATE SERVICES

## CORPORATE GROUP TRAINING

Studio based sessions (45 minutes)

Group personal training sessions at our boutique studio located in the heart of the Brisbane CBD.

On Peak - up to 6 people.....\$180\*

Off Peak - up to 10 people.....\$200\*

Outdoor corporate group sessions (45 minutes)

Outdoor group personal training sessions in Brisbane's CBD and immediately surrounding suburbs.

Up to 20 people.....\$250\*

Sessions are tailored for all fitness levels.

## REMEDIAL MASSAGE SERVICES

Corporate chair/table massage

We provide all the equipment! All you have to do is designate your staff/clients into their allocated spots. The length of the massage can be tailored to your needs.

4 hour minimum booking.....\$110p/hr\*

Guided corporate meditation sessions

A guided meditation with an experienced coach designed to relax and recharge your staff.

45 minute session (unlimited numbers).....\$250\*

## DIETITIAN SERVICES

Ask a Dietitian

Half or full day short Dietitian Consultations providing feedback about diet and answering questions. Your staff will leave learning something new and having 2-3 nutrition strategies to start implementing straight away!

3 hour minimum booking.....\$200p/hr\*\*

Nutrition talk

An informative and engaging nutrition seminar tailored to your company/employee's interest. Choose a topic from the list on our website or ask us about a specific topic.

45 minute seminar (unlimited numbers).....\$440\*

\* GST included

\*\* GST not applicable