

Corporate Fitness Boot Camp

MPT's Corporate Fitness Boot Camp

Motivational Personal Training's Corporate Fitness Boot Camp is designed for businesses or corporations that have 10 or more staff members who would like to be in better shape.

These boot camp classes will not only make your employees feel and look better, but it will also help forge camaraderie between them.

According to research you can also expect to see a positive ROI based on; fewer hours lost to sick days, fewer medical insurance claims and a more productive and happier staff. Here are the basics of MPT's Corporate Fitness Boot Camp Program:

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- 1) Boot Camp Class will be held 3 times a week for 4 weeks.
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- 2) A minimum of 10 participants is required.
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- 3) All necessary equipment will be supplied by MPT.
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- 4) Boot Camp Workouts will be held at your company's facility.
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- 5) Boot Camp Workouts will be lead by Certified Personal Trainers.

MPT's Corporate Fitness Boot Camp is a branch of MPT's Public Boot Camps. All Corporate Fitness Boot Camps will be run by Certified Personal Trainers and will be designed to allow people of all fitness levels to participate and see positive results.

The cost of MPT's Corporate Fitness Boot Camps is broken down based on length of contract:

- 1 Month = \$100/employee
- 3 Months = \$80/employee
- 6 Months = \$65/employee
- 12 Months = \$50/employee

If you are interested in MPT's Corporate Fitness Boot Camp program, please contact Nicholas Wood, Owner of MPT at n_wood@sampt.com or (210)415- 5934.