



CORPORATE TRAINING

Fitness Rangers Bootcamp would like to introduce its Workplace Wellness Package. This program is not only designed to improve the overall health of employees, but will yield great results for your company's growth. Studies have shown that companies who participate in workplace wellness programs experience a decrease in employee absenteeism and an increase in employee moral and productivity.

Fitness Rangers Bootcamp is no ordinary wellness experience. It is a program designed to encourage healthy living, promote teamwork, produce camaraderie among staff, and most of all generate results! It is tailored for individuals at any level of fitness and is a wonderful way to get employees to kick-start a fitness regimen of their own.

Workplace Wellness Package

\$1500

- 4 Weeks Long (8 Sessions)
- Private On-Site Class
- Up to 15 Participants
- Fitness Rangers T-Shirts for each participants

Fitness Rangers Bootcamp offers your company:

- *Increased camaraderie and a more effective team*
- *Increased employee motivation*
- *Heightened awareness of healthy living*
- *Employees who are ready to tackle any challenge*

***For more information, contact Dana Fleischman at
(916) 739-1100 or dana@fitnessrangers.net.***