

OLIMPIA'S FITNESS TRAINING, INC.

GROUP FITNESS CLASS INFORMATION



Our company can develop and implement a Group Fitness/Training Class Program designed specifically for your corporation. We utilize professional and experienced staff to teach our classes and regularly evaluate the effectiveness of our program. **As always, classes can be modified depending on your needs.**

We offer the following Types of classes:

- SPORT SPECIFIC TRAINING
- CARDIO KICK-BOXING
- VERSA TRAINING (INTERVAL TRAINING)
- HI / LOW IMPACT AEROBICS
- SENIOR FITNESS
- CHILDREN'S FITNESS
- TRADITIONAL LOW IMPACT AEROBICS
- STRENGTHENING & SCULPTING
- STEP AEROBICS (Additional equipment required)
- WATER AEROBICS

SPECIALTY CLASSES*

- **BOOT CAMP TRAINING***
- **CARDIO STRIP TEASE***
- **YOGA***
- **MAT PILATES***
- **ZUMBA***
- **BELLYDANCE***

⇒ If your facility is interested in a specific type of class not listed above, we can accommodate most requests.

CLASSES ARE 45 MINUTES IN LENGTH

- We will provide the radio/ instructor & waiver forms. Each participant Must sign a wavier form before taking any classes. In addition, Olimpia's Fitness Training Inc. has additional \$3 Million in insurance.
- Your facility should supply mats, step and free weights **OR** your facility can request each student/member provide his/her own.
- We will supply the radio / music.

Your facility must supply the room where the classes will take place (ie. a conference room/cafeteria etc. if your facility doesn't have a gym where classes would be held).

We also need an administrator for the program (i.e. a staff member who will put up the necessary marketing material, via e-mail and/or flyers.) We will collaboratively advertise together.

Please call me at (973) 687-0012 with any questions you may have. I look forward to hearing from you soon.
Thank you, Olimpia