

LET'S GET STARTED

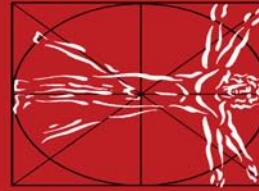
Are you ready to help your company reach its full potential?

Here are the steps:

- Contact our Corporate Fitness Coordinator Chris Busby to schedule your company's free consultation.
- Give employees information for Corporate Fitness Program.
- Employees set appointment time to begin program.

There is no contract for the company or its individual employees. Our staff works with your employees to set up appointment times that work with their schedule.

Chris Busby, Corporate Fitness Coordinator - 706.429.3738
chris@richardsfitness.com



Richards
Private Wellness & Fitness Studios, Inc.
Cornelia | Dalton
www.richardsfitness.com

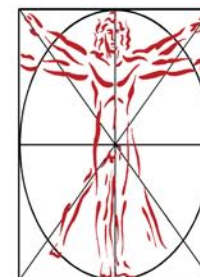
Richard Windham, Owner 706.499.7532
Chris Busby, Corp Fitness 706.429.3738
chris@richardsfitness.com



CREATE A HEALTHIER BUSINESS



WITH



Richards
Private Wellness & Fitness Studios, Inc.

Our Services

Corporate Training Options

30-Minute Triple - \$20 per person per Session

30-Minute Quad - \$17.50 per person per Session

Your personal trainer will assist you in a warm-up with light stretching. This is followed by 20-25 minutes of training with free weights, machines, and abdominal work. Your session will conclude with 5 minutes of flexibility training. Bottled water is provided.

Hour and half hour exclusive private sessions also available

60-Minute Single - \$60 per Session

30-Minute Single - \$35 per Session

For companies that participate in Corporate Training sessions, individuals can receive 5% to 15% off of 60-minute single sessions.



Create a Healthier Bottom Line



A healthy workplace and physically fit employees creates a company that can function at its peak. A corporate fitness plan helps your company have a culture of positive health and wellness. When staff members are healthy and performing at their best, your company will in turn create higher profitability.

Benefits For Employers:

- Enhanced employee productivity
- Improved health care costs management
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Develops employee leadership skills

Benefits For Employees:

- Lower levels of stress
- Increased well-being and self image
- Increased stamina
- Weight reduction



Let Us Maximize Your Personnel

As an exclusive and private training facility, the staff at Richard's Private Wellness & Fitness Studios is dedicated to helping your company reach their fitness goals.

By focusing on the five components of physical fitness (nutrition, cardiovascular, muscular strength, muscular endurance, and flexibility) we personally keep you motivated and accountable to achieve your goals.

Our desire is to focus on quality, personal service, and not quantity of numbers. We are here to help you change the life of your staff and invite you to be a part of our family.

