



T3 Health & Fitness Proposal 2013

Exercise class

- 45 min to 60 min (time decided on by you)
- offered lunch hour and/or after work
- styles offered: strength & conditioning (using resistance bands and body weight), Pilates, Core, Cardio.

Presentation and/or Seminar by T3 Fitness

- 30 min to 45 min based on topic and time allotment
 - handouts given
- Sample topics: Steps to succeed when starting a Fitness Program
Vitamins—what vitamins to focus on for the season
Ways to Overcome Burnout

Your Liaison to the Fitness Community

- available to collaborate thoughts/ideas to your group bringing insight to what is needed to successfully help employees make positive changes.

Ergonomic Assessments

- assess your workstations to offer pain-free function.
- go through a checklist to offer suggestions, as well as determine based on job description best setup.



OPTION A:

Weekly exercise classes (approx 50)

Monthly Presentations

Ergonomic Assessments- 4 per month

*ala carte service offered at \$75 per 30 min consult

*assessments should be scheduled together- time spent 2 hours per month

Liaison (available by phone, email, and person) anytime insight is needed in regards to fitness

INVESTMENT: \$500 per month (VALUE of \$850/mo)

OPTION B:

Twice Weekly exercise class (approx 100)

Quarterly Presentations

Liaison (available by phone, email, person) anytime insight is needed in regards to fitness

INVESTMENT: \$800 per month (VALUE of \$1,325/mo)

OPTION C:

Mix and Match services offered. You choose.

INVESTMENT: We will come up with a package that is right for your company.

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