



# Corporate Group Fitness



[www.forgefittraining.com](http://www.forgefittraining.com)



[aleesha@forgefittraining.com](mailto:aleesha@forgefittraining.com)



519-803-4797



[@forgefittraining](https://www.instagram.com/forgefittraining)



# About Forge Fit

## OUR MISSION

---

We all get to forge our path in life and decide what route we want to take. Through a collaborative, positive, and trusting relationship, Forge Fit develops custom programming that challenges clients of all experience levels - physically and mentally - and helps them embrace a new lifestyle that focuses on overall well-being.



## ALEESHA MCMULLIN

Founder & Head Coach

---



[www.forgefittraining.com](http://www.forgefittraining.com)



[aleesha@forgefittraining.com](mailto:aleesha@forgefittraining.com)



519-803-4797



[@forgefittraining](https://www.instagram.com/forgefittraining)



# About Aleesha

## **EXPERIENCE**

---

As a National Figure Champion with the Canadian Physique Alliance, I apply a variety of bodybuilding principles to help my clients change their physiques and develop lifelong habits. If your goal is to build muscle, gain confidence, and change your life, then we'll make the perfect team!



## **CERTIFICATIONS**

---

- CPTN Certified Personal Trainer
- Precision Nutrition - Level 1 Nutrition Coach
- Canadian Red Cross First Aid & CPR/AED Level C Certified
- Commercial General Liability Insured



# Class Structure

Group classes are conducted in a fast-paced, circuit-style format that can be modified to fit any experience level. Each session is customized to your organization's available space and equipment and are designed to raise heart rates, get attendees sweating, and challenge them in an encouraging group setting.



## **WARM-UP**

**5 MINUTES**

Attendees are led through a quick dynamic warm-up to slowly raise heart rates, loosen up muscles, and prepare stiff joints for movement.

## **CIRCUIT**

**35 MINUTES**

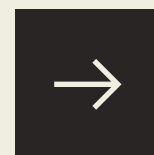
Working through multiple stations, attendees are challenged to a timed full-body workout, with additional support and form guidance if needed.



## **COOL DOWN**

**5 MINUTES**

To wrap up the class, attendees are led through slow static stretching to return heart rates and body temperatures back to baseline.



# Class Cost

Compared to the average hourly cost of 1:1 personal training sessions, group classes are incredibly cost-effective, yet still provide the specialized instruction and guidance of an experienced personal trainer.

Monthly class sign-up is required to help identify class sizes.

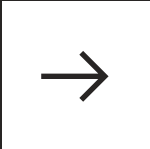
Confirmed attendees per month	Cost per class
<5	\$30
5-10	\$25
>10	\$20

Along with group class programming, set-up, and take-down, Forge Fit will provide the following marketing support to help get the word out within your organization:

- Posters
- Email newsletter content
- Social media content
- Google Forms sign-up link
- Any additional brand assets, imagery, or written content



# Group Fitness Experience





# Ready to get started?

**PHONE**



519-803-4797

**EMAIL**



[aleesha@forgefittraining.com](mailto:aleesha@forgefittraining.com)

**WEBSITE**



[www.forgefittraining.com](http://www.forgefittraining.com)

**INSTAGRAM**



[@forgefittraining](https://www.instagram.com/forgefittraining)



We understand that every organization has unique needs. Have specific questions or requirements? Please reach out and we can collaborate on programming or pricing that fits you and your employees.

**Scan the QR code to learn more about Forge Fit!**

