



**Two-Brain
Business**



Dear :

What's the single thing you can do to make your staff happier and healthier, miss fewer days, and work better together?

Group Exercise.

[Your Gym] can bring movement to your workplace, or bring your staff to ours! Our workouts are novel, fun, and challenging: the perfect environment for team-building.

“We introduced CrossFit here at Reebok a little more than a year ago, and it’s changed our company in a profound way. We want to let everyone around the world experience the transformation that we have – as individuals and as a company.” Uli Becker, president of Reebok

[Your Gym] has been building teams in **[Your Town]** since **[opening date]**. Our fun team has led group workouts at many businesses, and hosted others at our Industrial Park gym.

In 2014, we're consolidating our most popular training packages to help other local area businesses.

A – Onsite Health and Wellness seminar – **free**.

We're committed to making [Your Town] healthier. This 30-minute seminar will teach your staff what REALLY works for weight loss, strength training, beating fatigue and ditching postural pain. A Q+A period will follow.

B – Onsite Nutrition and Exercise Challenge - \$30 per person.

Unifying your team in pursuit of a common goal is our speciality. This package includes a free seminar to introduce our eating strategy, free daily nutrition and workout tracking, and our exercise Tip Sheet. The winner will receive a free ONRAMP package at [Your Gym] (\$199 value!)

C – Private Group Training at **[Your Gym]** - \$1080 (up to 12 people for 8 weeks!)

The real magic is in guided challenges: obstacle courses, calisthenics, beginner-level CrossFit challenges, and nutritional support. Once each week, your group attends a private class at Catalyst; receives a nutrition guide, and weekly exercise 'homework' challenges; and interacts with their coach through a private message board.

Don't commit right away. Try the Onsite Seminar first; if your staff likes the message, choose B or C from there!

Call [**phone**] to book a free seminar! [www.\[**website**\].com](http://www.[website].com)