


**READ WHAT REAL EMPLOYEES HAVE TO SAY ABOUT TRAINING @ IRONSTONE** 

Just like our gym memberships, there is an option that suits every organization – you just need to make a few decisions.

**Desired visits per week** – how often do you want your employees to be able to go?

**Number of Employees** – How many people will use it?

Check the chart for plan options recommendations and monthly pricing by matching the colour in the chart with the Table.

**Incentives that Add Value**

- A - Appoint a Fitness Ambassador
- B - Host a Quarterly Group Team Building Event

**What Option is best for your company?**

Follow the table above for number of employees who would use the card + number of visits you would like them to be able to use per week.

Option	Visits	Price	Discount	Incentive
Granite	10/ card	\$140/ card		
Aluminium	25/ card	\$330/ card	6%	
Copper	50/card	\$600/ card	14%	A
Titanium	100/card	\$1120/card	20%	A + B
Platinum	Unlimited / person	\$130/person		B
IRONSTONE	You want Fitness at the core of your Company - lets bring fitness to you			

**We Have the Solution that Meets Your Needs**

**IRONSTONE**

— STRENGTH & CONDITIONING —

**CORPORATE TRAINING SOLUTIONS**

*All Plans require a minimum monthly purchase of 1. Unused punches roll over to the following month. Minimum 3 months commitment required for sign-up. Lunch and learn sessions available on request.*

# REAL BENEFITS FOR YOUR EMPLOYEES (AND YOU)



## **Jennifer Paquet RCT-C, CCC**

***Clinical Therapist, NSHA Central***

### **How has fitness helped you do your job better?**

"Fitness has increased my alertness and energy level throughout the day. Incorporating fitness into my life has helped reduce stress and enables me to cope with stress better within the work place."

### **How has Ironstone helped with your fitness?**

"Having dedicated coaches and scheduled classes at Ironstone allowed me to overcome many of my fitness plateaus. I always get personal coaching from the staff, and that coaching has inspired me to push outside my comfort level."

## **Heather Kowalski, BA, HR ADp**

***Senior Recruitment Specialist, Meridia***

### **How has fitness helped you do your job better?**

"I am more alert because I am sleeping better, I have more energy and it has showed me a confidence I never knew I had. In general, I am just happier and healthier then I have ever been."

### **How has Ironstone helped with your fitness?**

"Ironstone has helped with my fitness in regards to my mobility, endurance and strength."



## **Dafydd A. Davies MD, MPhil, FRCSC**

***Pediatric Surgeon, IWK Health Center***

### **How has fitness helped you do your job better?**

"Staying fit lets me focus better during all aspects of my job from administrative duties to operations. I can feel it when I'm not exercising enough. It affects my sleep, concentration, mood and my energy levels."

### **How has Ironstone helped with your fitness?**

"The enthusiasm and experience of the coaches at Ironstone helps to build the sense of community that keeps you coming back. It's like having a support network gently encouraging you to push on, even on days you didn't think you wanted to."

