



Corporate Service Menu

Do you struggle with employee acquisition and retention?
Is there a lack of engagement and culture?
Are your healthcare expenses high?

The Fitness Knocking® team helps your team see their bright future.

We come to you.
Virtually or In-person*
Get focused, feel good, and get results!

We will help you **Commit 2 Succeed** for your future self but not by yourself.

Why us?

Listen to the **experts!** Our team is held to a high standard of excellence including;

- Safety First Method
- Pain=No Gain Philosophy
- Stop Light Method
- Background Checked
- Random Drug Testing
- Practical assessment
- Minimum Four Year Degree in an
Exercise Related Field
- Required Continuing Education

*Based on location and availability

What our fans say:

"I am impressed. After my evaluation, I planned for small changes. It helped me lose thirty pounds in three months." ~Silvio

862-251-8989
www.FitnessKnocking.com

Wellness Seminars and Packages

Improve camaraderie, culture, and retention.
Decrease health care costs and increase the bottom line.

Goal Getting for Success
Improve Your Life with Simple Tips
Relieve Stress for Real
Breathing and Beginner Meditation
Tips, Tricks and Trends for Health

Heart Health
Nutrition for Real People
Know your numbers. Myths and Truths
Getting Abs Back in Action
How to be F.I.T.T. at home
Hidden Helpers
Getting and Staying Motivated
Holidays not a "HoliMONTH"

Single Seminar
\$450

6 Seminars
\$2,400 (SAVE \$300)

Entire Seminar Series
\$4,950 (SAVE \$900)

Email us for a summary of each seminar

What our fans say:
"Interactive, educational, and fun"
~Carol, Municipal Employee

Jump Start Individual Package

Starting at \$275 per person (Email or Call for Pricing Tiers and more details)

Fitness Assessment

and

1-1 Personal Training, Group Classes or 1-1 Health Coaching

Gold Package

\$10,750 first 25 Participants (\$275 each additional participant)

Jump Start & Wellness Seminars

12 Wellness Seminars Held Virtually or In person Individual Fitness Evaluation 60 minutes

AND

Two-30 Minute Virtual Customized Personal Training

OR

One-50 minute Customized Personal Training

Virtual or In person

Platinum Culture Package

\$14,000 upfront for the first 25 Participants & \$4,000 per month

Two 30 Minute Virtual Customized Personal Training

Monthly Membership including

Two Group Classes per week

Options Include: Recorded, Virtual Live, In Person Live, or Hybrid

Weekly Text/Email Health Tips, Recipes

Additional Personal Training 20% Discount

Customized Build Your Own Package

Wellness seminars, personal training, or a la carte services.

Call or email us with the size of your group, your needs and your budget for more details.

What our fans say:

"An extraordinary opportunity to enjoy and learn some new exercise within a 30-minute time period.

~Wade

Personal Training

BLOCK

- A great option for crazy schedules
- Longer expiration date.
- Switch up a number of sessions you use anytime.
- Pay as you go*
- Customized Exercise Program
- One Time Registration Fee of \$75
- A 3 Month Re-evaluation Fitness Assessment- includes various exercises

\$95 per session
48 sessions
\$4560 expires in 5 months

\$100 per session
24 sessions
\$2400 expires 4 months

\$105 per session
12 sessions
\$1260 expires 3 months

MONTHLY

- Helps you keep your commitment
- Automatic renewal & payments
- Fixed 30 day expiration.
- 3 expiration extensions per year.
- Paid monthly minimum 3 months.*
- Fixed Schedule
- Helps you commit-use it or lose it
- Customized Exercise Program
- One Time Registration Fee \$75
- A 3 Month Re-evaluation Fitness Assessment- includes various exercises

\$85 per session
16 sessions
\$1360 per month expires 30 days

\$90 per session
12 sessions
\$1080 per month expires 30 days

\$95 per session
8 sessions
\$760 per month expires 30 days

MINI SESSIONS

VIRTUAL ONLY

- Great for traveling
- Time crunched
- More frequency
- Cost-effective for budgeting
- Customized Exercise Program
- One Time Registration Fee of \$75
- Re-evaluation Fitness Assessment 50% off while actively training

12 Sessions
\$60 per session
2-month expiration
\$720

24 Sessions
\$58 per session
3-month expiration
\$1392

*Effective Pricing until 12/31/2023

We accept credit cards, zelle, ACH and cash
In person based on location and availability. No Refunds

We Knock YOU Rock.™

Virtually or In-person*

PARTNER

- Great when you have the same goals as another person.
- Pay-as-you-go blocks of sessions with no ongoing contract.
- Customized Exercise Program for you and your partner's needs
- One time Registration Fee is \$75 per person.
- Both partners must purchase a package and be present at partner sessions.
- Re-evaluation Fitness Assessment 50% off of each partner while actively training

\$52 per person/session

24 sessions

\$1248 pp expires in 5 months

\$55 per person/session

18 sessions

\$990 pp expires 3 months

\$62 per person/session

12 sessions

\$744 pp expires 3 months

\$70 per person/session

1 Session

Expires 1 month

CLASSES

Create Your Own Class

at the Office, At Home, or at a Park
Corporations, Groups, Organizations,
Networking Group or Birthday Party
up to 30 people

Boot Camp

Cardio Sculpt

Circuit

Butts and Guts

Dance

Golf Warm-Up/Stretch

Mat Pilates

Cardio Kickboxing

H.I.I.T

Mindfulness and Meditation

Yoga-Mat/Chair

Zumba

3 classes weekly

\$200

\$ 2400 per month

2 class weekly

\$250

\$ 2000 per month

1 class weekly

\$300

\$1200 month

single class

\$350

What our fans say:
Best decision I've made in years.
~Marina, Business Owner

A La Carte Services

Hourly Rate

\$135

- Evaluate/Design Programs
- Meetings
- Collect review data
- Single personal training session
- Single Check-in coaching session

Office Gym Design & Set Up

\$675 (plus equipment)

- Design layout of the room
- Create a list of desired items
- Create a list of current and best pricing per piece, and set up cost.
- Order items from vendors.
- Arrange a setup day including a 3-hour window of time.

Fitness Evaluation

\$159 per person

- A comprehensive fitness evaluation is administered.
- Resting heart rate
- Cardiovascular endurance assessment
- 4 part Strength assessment
- Flexibility & mobility assessment.
- Balance assessment
- Blood Pressure and body fat
- The results of the evaluation are summarized.

Fitness Knocking App

- **\$15 per person per month**
- Pre-programmed fitness workouts
- Nutrition Tracker
- Community Building
- Competitions/Challenges