



AE CORPORATE TRAINING

Is today's economic environment dragging you down at work? Feeling lethargic when the alarm clock goes off in the morning and counting down the minutes until 5pm? Are you tired of being out of shape and ultimately less productive on a daily basis? If the answer is "yes" to any of the above questions, Athletic Evolution has the solution!

Athletic Evolution **AE**, in an effort to promote health awareness within the surrounding Woburn business community, is offering a unique corporate group training program at a discounted cost. This program will be one-of-a kind and will be ideal for any company looking to encourage employee fitness and well-being, while at the same time boost morale and build overall team cohesiveness.

- ✓ **AE** expert trainers lead participants in the latest Personal Training and Interval Training exercises
- ✓ Increase core strength and flexibility; decrease weight and Body Mass Index (BMI)
- ✓ Team building – get in shape, have fun and feel great

PROGRAM DETAILS

When:	2-3 days per week for 8 weeks Available Monday-Friday – Early Morning or Lunchtime Programs Offered	
Where:	Athletic Evolution 78b Olympia Avenue Woburn, MA 01801	
Group Size:	Minimum – 5 per group; Maximum – 15 per group	
Cost:	5-9 Employees	\$175 per session
	10-15 Employees	\$250 per session

Each 60 minute session will include the following:

- Interval Training – dynamic movement-based training
 - Flexibility, Core Stability, Strength Training, Cardio
- Specialized strength training
 - Core Strength, Muscle Toning → program can be tailored to your specifications
- Team Building Exercises – ex. "Funday"
 - One day per week AE incorporates an activity of the group's choice upon request – i.e. volleyball, hitting in batting cages, basketball, dodgeball, etc.

Participants have the ability to use AE's 30,000 square foot facility to take part in new and exciting training methods that are guaranteed to provide results!

For any questions please contact Brian Skeffington at Athletic Evolution – (781) 935-7701 x.12 or brian@athletic-evolution.com

Athletic Evolution is the Nike preferred athletic-enhancement training center in New England



www.athletic-evolution.com

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