

fight into fitness



CORPORATE TEAMBUILDING

INTERESTED IN BOOKING AN UNFORGETTABLE PRIVATE OR CORPORATE BOXING FITNESS TEAMBUILDING EVENT?

Bring your tribe down to join FIGHT INTO FITNESS. Here at FIGHT INTO FITNESS, we know that the strongest teams fight together, we're excited to offer private and corporate booking options that can contribute to making your team stronger and healthier.

FIGHT INTO FITNESS would love to help you host your next private event of 10 participants or more for your corporate team building events, celebrations, corporate retreats or other special events.

WHAT TO EXPECT?

When you book a corporate or private event at FIGHT INTO FITNESS, you and your team will have the chance to punch to the beat, challenge yourselves physically and mentally, shake off stress (including the STRESS MANAGEMENT WORKSHOP), and of course, have fun.

WHICH TIMES CAN I CHOOSE FOR MY CLASS?

Our private classes are booked in off-peak times. Times considered "Off Peak" include between 10 am-12 pm or 1pm-3 pm on weekdays, or 12:30-4 pm weekends. If you wish to rent out the full studio during a peak time, flat rate of \$1200.00 applies for all size groups.

CAN I CHOOSE MY MOTIVATOR OR HAVE MORE THAN ONE?

Yes! We have some fantastic Motivators here at FIGHT INTO FITNESS, and we're happy to pair you up with the perfect instructor for your group. If you wish to have more than one instructor teach your class, an additional \$50 fee will be added to your class total.

CAN I HAVE A THEME FOR MY FIGHT INTO FITNESS EVENT?

We love helping to make special events, colorful and the most fun they can possibly be. If you require any special items for your class (including but not limited to: theme playlists, props/costumes, refreshments), we require two-week advanced notice to ensure we are well-prepared for your event.

IS THERE A MINIMUM COST?

Minimum cost applies:

1. If your group is less than the minimum number of participants
2. If less than the booked number of participants show up for class

Please note that all pricing includes gloves rental and wrap purchase. If participants have their own equipment the price per head does not change. If you have any questions regarding the minimum spend please don't hesitate to contact us.

STRESS MANAGEMENT WORKSHOP

(an additional fee is required)

Chronic stress is the cause of much suffering and illness for many people living in today's fast pace world. We are here to help, the good news is that people can learn to manage stress and eventually lead a happier, healthier lives.

The stress management workshop will include:

- 1) the truth behind stress and anxiety
- 2) science backed methods of reducing stress
- 3) learning exercises to instantly reduce stress (the number of exercises depend on the amount of time).

GROUP PRICING

\$55/PERSON
Groups of 10-14 participants

\$45/PERSON
Groups of 15-19 participants

\$35/PERSON
Groups of 20-24 participants

Please note that all pricing includes gloves rental and wrap purchase.

GROUP BOOKING

To book FIGHT INTO FITNESS for your next corporate event, please contact us at 240-838-8221 or visit www.fightintofitness.com.