

fight into fitness



ORGANIZATION TEAM BUILDING

Interested in booking an unforgettable Team Building Event?

Bring your team to **Fight into Fitness**. We know that the strongest teams succeed together and we're excited to offer organization 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 15 participants or more for your organization's team building event.

What to expect?

When you book a team building event with **Fight into Fitness**, you and your team will have the chance to punch to the beat, challenge yourselves physically and mentally, shake off stress and, of course, have fun doing it.

Which times can I choose for our Team Building Event?

Fight into Fitness can host your team building event at our gym on Fridays between 10 am-12 pm or 1-3 pm. If you wish to rent out the full studio, a flat fee applies for all size groups.

ADDITIONAL TEAM BUILDING SERVICES

Mindfulness Session

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

The mindfulness session will include:

- 1) understanding mindfulness;
- 2) how to meditate; and
- 3) guided meditations.

GROUP PRICING

\$45/PERSON
Groups of 15-19 participants

\$35/PERSON
Groups of 20-25 participants

\$25/PERSON
Groups of 26-36 participants

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

GROUP BOOKING

To book **FIGHT INTO FITNESS** for your next team building event, please contact us by

phone: 240-838-8221

email: info@fightintofitness.com

web: www.fightintofitness.com

*Please note that all pricing includes gloves rental and hand 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.

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