



**KENYA'S ORIGINAL  
CROSSFIT & FUNCTIONAL  
FITNESS GYM**

## **NEW YEAR'S OFFERS**

### **Corporate Membership 2019**

**CrossFit & Open Gym Annual  
Min 5 Members**

**118 000 Ksh per person  
590 000 Ksh total - up front  
Monthly payments - 49 167 Ksh**

**Each additional member at  
100, 000 Ksh per annum**

**Lunchtime Hiit&Run Annual  
Min 5 members**

**60 000 Ksh per person  
300 000 Ksh total - up front  
Monthly payment 25 000 Ksh**

**Each additional member at  
48 000 Ksh per annum**

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## **HEALTHY AND PRODUCTIVE EMPLOYEES**

It is a well known fact that exercise stimulates your brain and helps you focus and concentrate to higher levels but there are many reasons why you might want to have fit, healthy employees:

**Fit workers are more tolerant and collaborate to a higher degree - McKenna, Leeds Uni 2005**

**Healthy workers have greater stress tolerance - Dr I-Min Lee, Harvard**

**Research suggests the exercise supports good mental health through increased neurogenesis in the hippocampus - Psychology Today 2018**

**A good diet and level of exercise boosts the immune system - Medicine Plus**

**Workers are motivated to work for a company they see investing in them - Krys Shimizu Offcie Workouts**

At CrossFit Kwetu our internationally trained and professional coaches will ensure your employees are making progress and achieving their best for their personal health and well-being, we are confident you will see the results translating into the workplace.

To find out more or arrange a free trial session please get in touch

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