

Company Personal Training

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Corporate Training Programs

Xceller8ed is pleased to offer tailored company courses.

We offer free fitness consultations, one-on-one training, small group training, boot camp courses, lunch and learn information sessions, confidence courses, lunch-break workouts and more! We are extremely flexible and will be happy to create your own personalized corporate service – just let us know what you are looking for.

Our corporate programs are designed with both the employee and employer in mind.

Employees experience the benefits of a corporate discount along with:

- reduced stress

- increased energy levels

- improved

endurance and strength

- weight loss
- toning
- and of course
improved quality of life

Employers experience the benefit of having a healthy workforce along with:

- reduced
absenteeism
- increased job
satisfaction
- reduced
employee turnover
- improved
customer service
- and an improved company image

Improve the efficiency of your staff. Contact Xceller8ed Training today and we will guide your business towards a profitable future.

