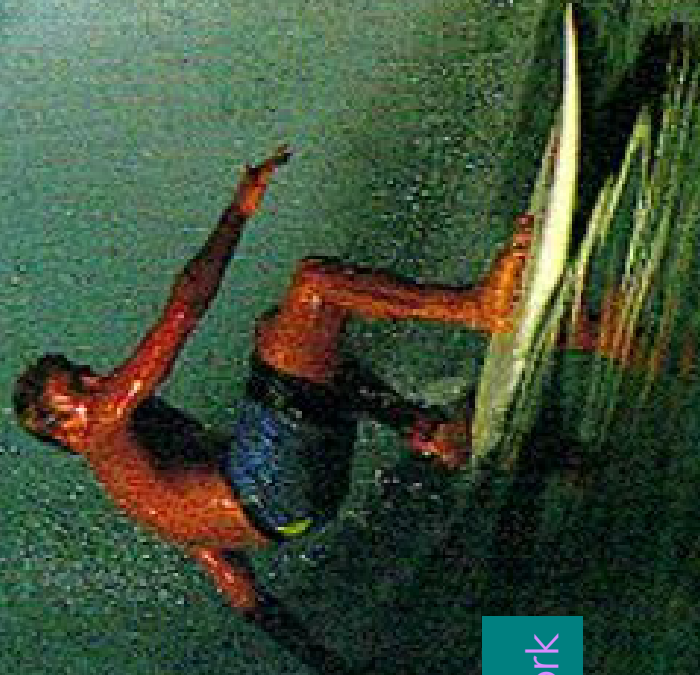


THERE IS AN INCREASING  
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TO ACHIEVE A BALANCE;  
HEALTH AND WELL-BEING FORM  
AN ESSENTIAL PART OF THIS.

# HEALTHY PEOPLE WORK HARDER



Fit for Life – Fit for Work



## Fit for business

### Healthy people, healthy business

There is an estimated 80 million working days lost each Year in the UK due to stress related illness. Research has Shown that healthy people work harder and have more Energy, enthusiasm and stamina. Regular exercise also Increases the ability to cope with daily work pressure and stress

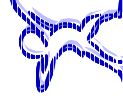
### Promoting good health is our business.

Health club membership is regarded as a key employee Benefit. With 17 years experience in the health and fitness business, Hamiltons Fitness operates the largest private gym in Colchester.

Employees who exercise at least three times a week Have a better state of physical health and greater Happiness.

As your health club partner, we will deliver the fitness Results that your employees need to achieve the business Results you demand

“A strong body makes the mind strong” Thomas Jefferson



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## TEAMWORK

**Hamiltons Fitness firmly believe that with the right motivation and encouragement a person can achieve almost anything.** Whatever the goal – lose weight, tone up or improve general well being we're confident that your employees will enjoy every moment of their Hamiltons Fitness experience.

**We recruit only the best fitness professionals.**

Then we train them to deliver outstanding personal training, group fitness and gym instruction. Our service team are always on hand to ensure that every member has a great time, every time.

**Your team's fitness is our business.**

We will help your employees to develop structured programmes speeding their transition to health and fitness by offering expert advice on nutrition, exercise and other lifestyle choices.

**Delivering Results.**

To ensure that every member gets the most out of their programme, regular assessments and monitoring of exercise routines are freely available. For those who want to get fitter quicker our optional Personal Trainers deliver rapid results with intensive one-to-one coaching

“There is no medicine that can help overcome the range of conditions for which exercise has been prescribed: Obesity, depression... and coronary heart disease.”

Dr. Walter Bertz, Journal of American Genetics Society



## Why Hamiltons Fitness?

A combination of superb surroundings and exceptional service makes exercising a pleasure at Hamiltons Fitness.

We pride ourselves on having the latest in resistance, free weights and cardio gym equipment as well as a truly comprehensive range of classes from Yoga and Aerobics through to the latest Spinning and Circuit Training. We even provide 30-minute classes and gym routines for a quick release from the stresses of a working day.

We have a comfortable coffee and juice bar, which provides the perfect place to unwind after a hard day at the office. To ease the burden of carrying kit to work our changing rooms can provide private locker hire.



## Partnership

Its so simple to set up a Corporate Membership with Hamiltons Fitness, simply choose from the options below and we'll do the rest!

- 1. Corporate Rate:** You don't pay a contribution towards the membership fees. Employees are self-funding but benefit from a special company rate.
- 2. Corporate Contribution:** You pay some or all of the membership fees on behalf of your employees.

### Costs

#### Corporate Rate

There are no joining fees or administration fees to pay. Your employees just pay their yearly membership by either one payment at the start of their memberships or by twelve monthly payments by standing order. We'll arrange all the paperwork.

All memberships include unlimited use of all of our classes and an initial personalised gym induction and workout program with regular updates, as they are required. Partners and family of Corporate Rate members can take out a couple's membership with them and count towards the five colleagues required to make up the minimum requirement.

	single		couple	
	pay monthly by standing order*	pay annually	pay monthly by standing order*	pay annually
normal price	£29.50	£350.00	£44.25	£525.00
corporate rate	£24.50	£290.00	£36.75	£435.00

#### Corporate Contribution

The same benefits apply to this membership as to the Corporate Rate membership, but you, as the employer, pay a membership fee that covers all of your employees to be members of Hamiltons Fitness. Prices start at just £27.50 per year per employee

Call us today on 01206 854319

 **hamiltonsfitnesscentre**

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## What our members say

"We saw Everest today. We were on a ridge at 13 000 feet to the South West. It has been a marvellous trek and we have both survived it. Thank you for all your help in getting us fit" Carol and Elizabeth Gurney,

"In terms of equipment Hamilton's Fitness Centre is the equal of big city Gyms which I have trained in (London, Sydney, Tokyo). Equally impressive is the depth of experience, knowledge and advice available from qualified staff. The Internet provides us with vast amounts of hugely conflicting advice and information - in my experience Hamilton's will sort out the wheat from the chaff" Nick Unwin

"Hamiltons is certainly the best of the three gyms that I have used in Colchester. The staff are professional, and so friendly that the gym is more like a club. Within 4 months of major abdominal surgery I was back to peak fitness - the result of a personally tailored program of two visits each week. Now, if I didn't go to my regular gym sessions, I would feel something was missing from my life." Ingrid Ehrlich

"I've trained in gyms in London and I can honestly say that Hamiltons is the best gym that I have come across"  
Chris Mills

"I have been attending your fitness centre for nearly a year and I am pleased I have made so much progress with my level of fitness. I could not have done this without the help from all the Instructors there. Thank you for your time and training, it is much appreciated." Helen Poole

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