



# **GOLD'S GYM OCTOBER**

**Corporate Wellness Program  
2018 - 2019**

# LEGACY OF STRENGTH

Gold's Gym is a legacy. Since earning itself a cult following way back in 1965 as a tiny studio in Venice, California - created by former bodybuilder and US Marine, Joe Gold as a place for him and his friends to train - it's a name that nearly everyone knows, world-over.



# THE MOST ICONIC FITNESS CLUB

It is a pleasure to introduce to you Gold's Gym the largest gym chain in the world. Recognized for its unique heritage as the authority in fitness and health, with over 1000 Gold's Gym worldwide. Gold's Gym Egypt is the biggest Chain in the Middle East, dedicated to health and fitness.



# PROMISES



- **HELP YOU  
FIND YOUR  
STARTING  
POINT**



- **SHOW YOU  
THE  
ROPES**



- **BUILD  
YOUR  
PATH TO  
SUCCESS**



- **BE WITH  
YOU EVERY  
STEP OF  
THE WAY**



- **GUARANTEE  
SATISFACTION**



**Multiple studies and reports show that a healthy work force means more positivity in the office, reduced medical costs and more overall productivity.**



# GLOBAL BUSINESS STUDIES

- 60% see improved time management skills, mental performance and deadline achievement on exercise days.
- 70% of employees with wellness programs feel their company cares about them.
- 81% of companies with 200+ employees reported wellness programs improved health and 69% reported reduced costs.





# TANGIBLE BENEFITS & PROFITS

- Lower healthcare costs
- Reduced absenteeism
- Greater productivity and morale.
- Returns on investment include double-digit
- Decreases in sick leave, hospital admissions, disability days and per capita workers compensation costs.



# Flexibilities & AMENITIES

- Unlimited use of cardio Tv/Internet and weight training zone.
- Extensive strength & conditioning center equipment.
- Variety of Flexible group fitness exercise programs.
- Indoor Group Cycling.
- Functional Training Area
- Spacious and attractive relaxation area.
- On-site accredited trainers.
- Three Orientation sessions.
- One In-house nutrition counselor's Session.
- One Body Analysis Session.
- Child care area for kids.
- Two months freezing.
- Gold's Gym clubs national and international multi visits.
- Safe, empowering, and supportive zones for women to workout privately.
- 12 Free Guest passes.
- Sat: Fri 6 AM – 12 AM.
- Café & Pro-shops.
- In- House Supplements store.
- Showers & Digital Locker room.
- 100% cotton towels for workout and shower.
- Fresh Air & Day-light Penetration.
- Convenient Parking area.





# FLEXIBLE GROUP FITNESS EXERCISE PROGRAMS



**Salsa**



**Spinning**



**Yoga**



**Core Stretching**



**Pilates**



**Step**



**Zumba**



**Free weight**



**Belly Dancing**



**T.R.X**





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# CLEARLY TERMS OF PAYMENT

- Payment in EGP.
- This Corporate agreement is valid for your employees and their first degrees relatives only
- National ID and Work ID
- Payment Methods
  - Visa – Master Card - Cheque- Bank transfer



**WE PIONEERED THE INDUSTRY IN 1965. NOW  
WE'RE REDEFINING IT.**





# JOIN NOW

Green Heights Compound, Gamal Abdul Nasser St, 3rd Touristic Area, Behind  
Mall of Arabia, 6<sup>th</sup> of October, Egypt 12566.



Golds Gym October



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