



**F45 Training  
Dubai Hills**

**INCREASING EMPLOYEES  
WELLBEING & MOTIVATION**



# EMPLOYEES

## FOCUS ON WELLBEING

- ✓ Physical exercise has a positive impact on employees, in the form of :
  - **Stress relief**
  - **Social connections**
  - **Heart health**
  - **More energy and motivation**
  - **Increased productivity at work**
  - **Improved immune system**
  - **Weight management**
- ✓ In the post pandemic world, work-from-home and flexibility practices reduce social connections and movement in day-to-day life even further, making organized exercise a necessity rather than a choice for healthy living.
- ✓ Organizations that offer Fitness and Wellness benefits see productivity and retention gains over a period of time



“Employees who participate in wellness programs do not leave”

<https://hbr.org/2010/12/whats-the-hard-return-on-employee-wellness-programs>



# WE ARE

F45 STUDIOS OFFER A 45 MINUTE HIGH-INTENSITY, CIRCUIT TRAINING WORKOUT CLASS WITH A “NO MIRRORS, NO MICROPHONES, NO EGOS” MENTALITY THAT CATERS TO ALL FITNESS LEVELS



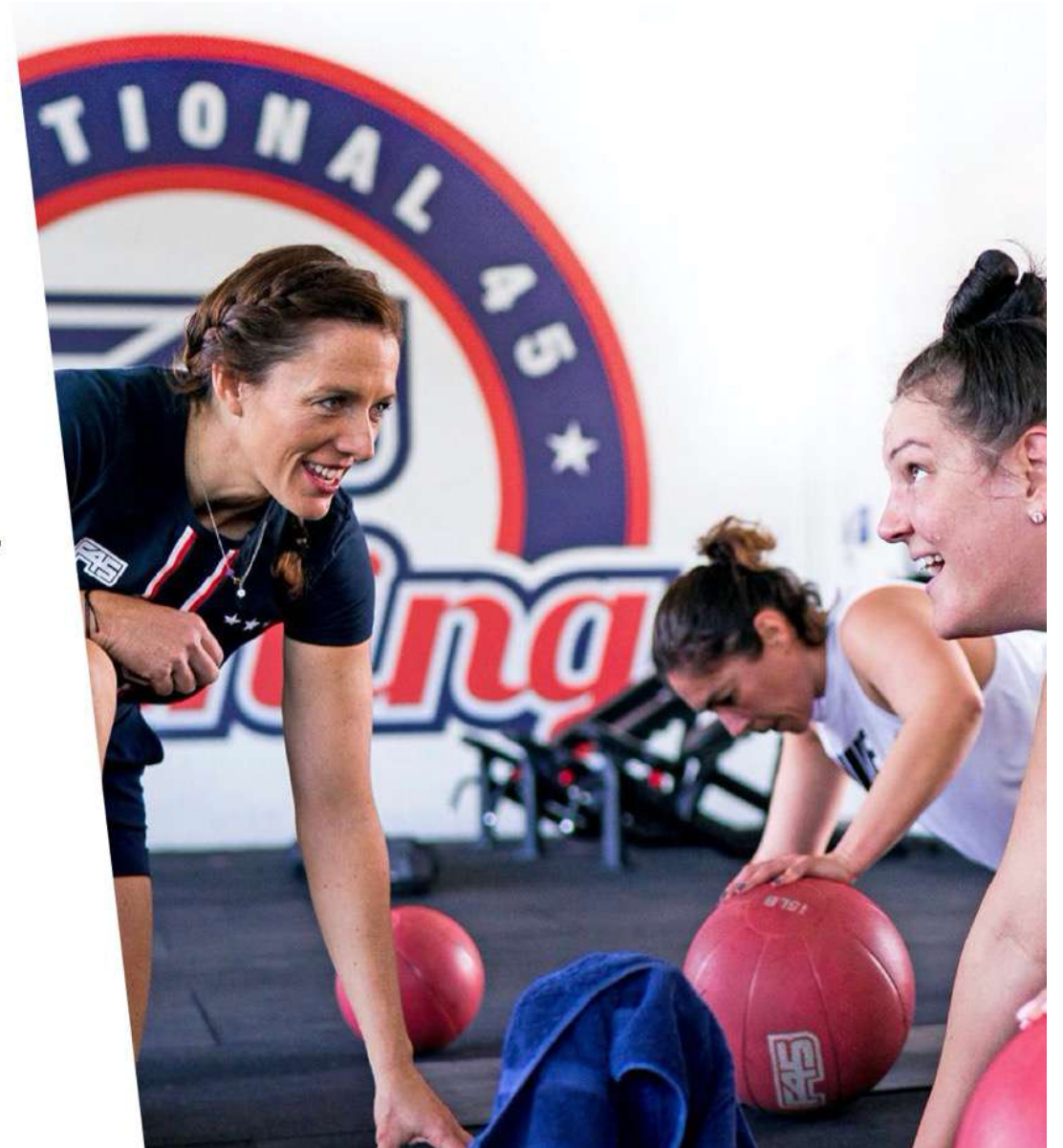
# F

The “F” stands for  
**Functional Training**



# 45

The “45” stands for  
the total class time:  
**45 minutes**



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# OUR VISION AND MISSION

## WE STRIVE TO OFFER THE WORLD'S BEST WORKOUT

F45 is focused on creating a leading global fitness training and lifestyle brand offering consumers functional 45-minute workouts that are effective, fun and community-driven by leveraging a technology-enabled platform





ABOUT F45

# 2000 STUDIOS IN OVER 50 COUNTRIES



- |             |                |                  |               |          |               |              |              |                      |
|-------------|----------------|------------------|---------------|----------|---------------|--------------|--------------|----------------------|
| Afghanistan | Cayman Islands | Finland          | Hong Kong SAR | Ireland  | Mexico        | Oman         | Singapore    | Taiwan               |
| Australia   | China          | France           | China         | Israel   | Namibia       | Philippines  | South Africa | Thailand             |
| Bahamas     | Croatia        | French Polynesia | India         | Kenya    | Netherlands   | Qatar        | South Korea  | United Arab Emirates |
| Bahrain     | Czech Republic | Guatemala        | Indonesia     | Lebanon  | New Caledonia | Russia       | Spain        | United Kingdom       |
| Canada      | Egypt          | Hong Kong        | Iraq          | Malaysia | New Zealand   | Saudi Arabia | Switzerland  | United States        |

# OUR THREE PILLARS

Our Studios, Workouts, Trainers and Communities are Guided by the Principles Encompassed in **Our Three Pillars**





F45 TRAINING

# THE WORLD'S BEST FUNCTIONAL WORKOUT

**HIGH**

Calorie Burn  
Total Body Workouts

**~2,900**

Unique Functional  
Training Movements

**Curated**

High-Quality Workout  
Programming

**No Egos**

No Mics  
No Mirrors

**Team Format**

Fosters a Supportive and  
Engaged Membership  
Community

**Tech-Enabled  
Centralized Delivery  
Platform**

Drives Efficiency and  
Consistency Across our  
Global Network of  
Studios

Each session is run by two certified Trainers who help members understand and modify the workouts – offering a “Personal Training in a Group Setting” experience

# Our Brand Ambassadors

## Mark Wahlberg and David Beckham







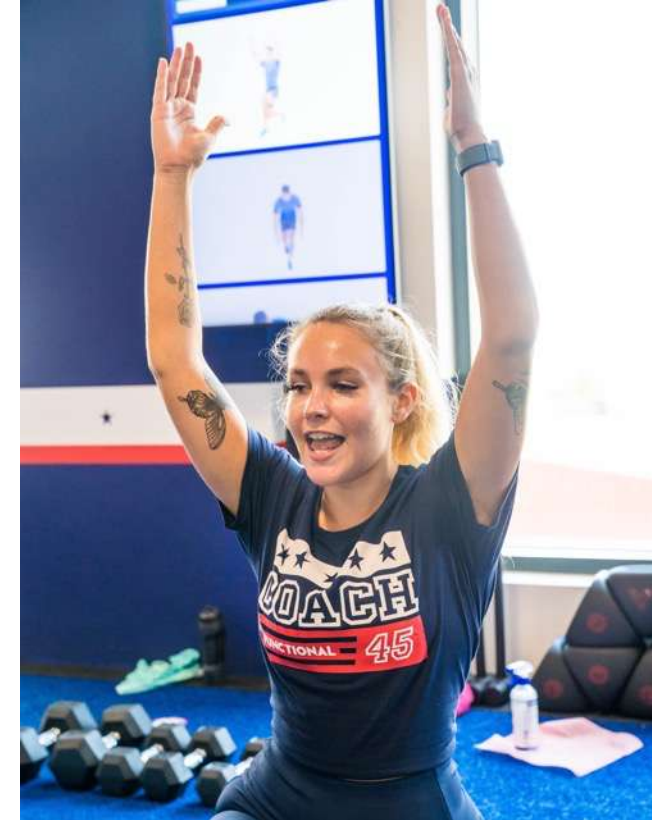
**Our F45 Dubai Hills Studio**  
**Business Park 3**





# F45 Dubai Hills benefits

- Convenience of having world class workouts at a walking distance from your work place
- A flexible schedule of morning and evening classes to choose from
- Great facility with Washroom and Shower provision
- Certified and experienced Trainers
- Community and team format
- Body composition scans and personal goal setting sessions for those looking for a results-driven approach
- Access to F45 Challenge – a global F45 program that encourages a healthy lifestyle and gives tools to achieve specific goals through nutrition advice, recipes and at home workout plans





# CORPORATE PROPOSAL



Our Offer	Details
<b>Preferred Membership Price</b>	<ul style="list-style-type: none"><li>• One Week Trial at a discounted price of 70 AED (up to 7 classes in that week, we are open 7 days a week)</li><li>• Special Monthly Membership offer of 899 AED per month (30% lower than our standard monthly offer) for access to unlimited classes, with a minimum of 10 memberships a month</li><li>• Class Pack options at a discounted Price</li></ul>
<b>Special Company focused Fitness sessions</b>	<ul style="list-style-type: none"><li>• Special dedicated class that can be suitable for all fitness levels</li><li>• Great way of combining team building and fitness</li><li>• Can accommodate up to 24 members</li><li>• Run by 2 Trainers, great functional workout and refreshments offered (beverage and packed snack)</li><li>• 1200 AED per session</li></ul>
<b>Value Adding Sessions</b>	<ul style="list-style-type: none"><li>• Special In-Studio or virtual seminars with specialists on nutrition, mental health and healthy lifestyle</li></ul>

GET STARTED

## CONTACT US

### Membership Manager

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### Studio Owner

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### Check us out here

Website: <https://f45training.ae/dubaihills>

Instagram: [https://www.instagram.com/f45\\_training\\_dubaihills](https://www.instagram.com/f45_training_dubaihills)

Facebook: <https://www.facebook.com/F45dubaihills>







**INNOVATION. MOTIVATION. RESULTS.**