



Fit employees mean healthy profits

Our society today demands higher levels of customer service, where performance and a competitive edge ultimately dictates the success of your company. Bodyzone can help your team gain that competitive edge by keeping your team active in a regular fitness programme, allowing you to become the best that you can be. Reap the rewards of increased productivity, less absenteeism, better stress management, and improved staff morale.

Bodyzone is a well equipped, clean and friendly Tauranga based health and fitness club that delivers safe and effective exercise solutions to individuals and companies requirements. Everyone's needs are unique, therefore we can offer your team personalized fitness solutions to enhance your team's performance and profits.

Our range of services include:

- Warrant of fitness tests, blood pressure and health history
- Cardiovascular fitness test and postural analysis
- Flexibility testing and body composition
- Cardiovascular disease and diabetes risk screening, cholesterol and blood sugar levels, individual nutritional consultations or group seminars in conjunction with Performance First Ltd
- Exclusive Corporate memberships
- Air conditioned mixed and women's only fitness clubs
- Bodyzone Spin and group fitness classes
- Bodyzone Mat Pilates and Reformer Pilates
- Bodyzone Boot camps, Circuit training and Personal training
- Bodyzone Day Spa, dry tension relief and Vichy shower massage
- Hairdressing and beauty therapy, Spray tanning and Sunbed facility

To gain that competitive edge contact matt@bodyzone.co.nz



www.bodyzone.co.nz



One Life...



One Body...



One Zone...