



CORPORATE HEALTH & TRAINING OPTIONS

SUPPORTIVE | WELCOMING | HOLISTIC

THE TRAINING GROUND

WHO ARE WE

The Training Ground has provided Corporate wellness solutions for Brisbane City companies for over a decade.

We specialise in varying solutions to meet the requirements of each business. The fundamentals always remain true with our offerings.

- ✓ **HIGHLY QUALIFIED STAFF**
- ✓ **HIGH ATTENDANCE OFFERINGS**
- ✓ **FUN & ADAPTABLE TO ALL LEVELS**

SOME COMPANIES WE HAVE PARTNERED WITH:

mantra
hotels resorts apartments



 **PUNTHILL**
APARTMENT HOTELS

 **time**
HOME LOANS


austbrokers
comsure
STRONGER TOGETHER

 **The BUSY School**
where opportunities begin


IPS


Swift


QueenslandRail

 **pilot**

 **Starlight**
Children's Foundation


CommonwealthBank




AMORA
HOTELS & RESORTS

 **OK TEDI**
MINING


AARG
Environmental
Environmental, Occupational Health & Safety Solutions

OUR SERVICES

CHALLENGES

Improve company wellness with our 8 or 12-week challenges.

A Package can include an array of service options tailored specifically for what the company needs. Below are common options companies select:

- Pre- & Post- De-identified Body Composition Analysis
- 8-12 Weeks of Group Classes
- De-identified Health Report post Challenge



WELLNESS SEMINARS

Education plays an integral role in health and minimising liabilities in the workplace. We have multiple educational seminars to educate your organisation and enhance employee wellness through learning.

- Office Ergonomics
- Nutrition & Physical Wellness
- Posture Malalignment and Self-Correction



PRIVATE CLASSES

Whether utilising our facility or getting outdoors amongst nature, or the coach comes to you, we have a solution, and we can help. We have coaches that specialise in all areas.

- Yoga
- Pilates
- Stretching
- Strength & Conditioning
- Boxing
- HIIT




CORPORATE SHARED MEMBERSHIPS

Offer 24/7 gym access to your staff with dedicated office tags. Your employees can come in before work, during lunch, or after work to maintain their wellness routine, and this helps build loyalty to the company for investing in their health and wellness.

This option is a practical and cost-effective way to foster healthy habits within the workplace.



A person wearing a blue long-sleeved shirt and a green lanyard with a medal is standing in front of a stone wall. The image is overlaid with a blue gradient.

**INTERESTED IN OFFERING
CORPORATE WELLNESS
SOLUTIONS TO YOUR TEAM?**

**FOR ALL ENQUIRIES EMAIL:
INFO@TRAININGGROUND.COM.AU**