



FIT FOR LIVING

Health & Fitness Services at Geelong Conference Centre

Corporate health & fitness services:

Group fitness and team building session(s) (1 hour) (Free nutrition plan)

\$15⁰⁰ pp 10-14 people

\$12⁵⁰ pp 15-19 people

\$10⁰⁰ pp 20+ people

- Group training sessions will be held at the conference centre
- Sessions consist of combination of cardio, strength and flexibility
- Designed for all fitness levels
- Interactive games for team building skills
- Fun and interactive with fully qualified personal fitness instructors
- Be motivated, pushed, encouraged, educated revived!

(Monday to Friday)

Health and Fitness breakfast package (group training and breakfast talk) (hour and a half)

\$30⁰⁰ pp 10-14 people

\$25⁰⁰ pp 15-19 people

\$20⁰⁰ pp 20+ people

- After a great morning training session have breakfast with your Fit for Living trainer as you are educated on what a healthy breakfast is, especially after refuelling post workout!



FIT FOR LIVING
LOOK FIT, FEEL FIT, BE HEALTHY, LIVE LIFE

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GEELONG BEAUTY & WELLBEING CENTRE

Health & Relaxation at Geelong Conference Centre

Group health & wellbeing packages:

Gather a group of friends and colleagues for some well deserved pampering. Enjoy a 50 minute treatment, lunch and beverage for groups of 4 or more persons.

Select any one of the following treatment options:

- Facial (custom designed to suit your skin type)**\$135**
- Swedish Massage **\$135**
- Foot Therapy**\$114**
- Deluxe Chocolate Scrub**\$160**

Complimented by lunch of your selection with beverage.

Gourmet Wrap, Fresh Bagels, Chicken with salad leaves, Pasta of the day, Thai Style chicken with Glass noodles, Thai Beef salad.

A Beverage of choice from a selection of mocktail, soft drink or juice.

For special occasions or events, packages can be individually tailored to suit your needs.

(Price based on Minimum 4 persons - Monday to Friday)

Massage packages:

- 20 mins**\$55^{PP}**
- 30 mins**\$85^{PP}**
- 60 mins**\$120^{PP}**

Delegate Package

- Up to 10 clients at Geelong Conference Centre. 20 mins massage for each delegate throughout the day over a 4-hour period**\$600**

(Monday to Friday)



Phone: 03 5221 2535

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www.geelongbeautyandwellbeingcentre.com.au