



# RAW





# OUR BELIEF.

One of the biggest problems facing employers is absenteeism. However physically fit employees are less vulnerable to the effects of stress and illness than less fit individuals. Therefore it makes sense to encourage members of your workforce to adopt a healthier lifestyle.

Quality of life involves happiness, self-confidence and good health. Improving the quality of life can contribute to staff becoming more positive and energised thus leading to increased productivity, improved morale and reduced absenteeism through sickness.

Raw promotes the belief that improving the level of physical fitness improves the quality of life and the overall fitness and well being of the individual.

Here at Raw we understand that a company's biggest asset is its' workforce. A happy and committed team of employees is a major factor in developing and maintaining a successful business.

This is why we tailor-make Corporate Membership packages designed to suit all companies from as little as 5 employees.



# WHY CHOOSE RAW?

## **FINANCIAL BENEFITS**

Corporate Membership offers excellent discounts and additional benefits.

## **GLOBAL MEMBERSHIP**

Membership entitles access to all RAW clubs.

## **FANTASTIC RANGE OF FACILITIES**

Committed to continuous expansion and investment in order to maintain and improve standards and facilities.

## **RANGE OF MEMBERSHIP OPTIONS**

including off-peak (7 days), student, full-peak

## **INDIVIDUALISED PROGRAMMES**

with our 4 point personal training plan to help get you started

## **CLOSELY MONITORED PROGRESS**

with highly trained, dedicated staff.



# CORPORATE MEMBERSHIP SCHEME: THE BENEFITS

“ A company's work-force is its greatest asset ”

## FINANCIAL BENEFITS

- | Corporate Membership offers a discount directly to the employee.
- | Corporate Membership may be paid for by the individual or the company.
- | Corporate Membership may be paid by monthly instalments or annually.
- | Annual payment in advance secures discounted rates on an incremental basis.

## BENEFITS TO THE EMPLOYEE

- | Regular exercise helps to combat stress, prevent cardiac problems, Increase energy and motivation both in and out of work.
- | Membership of Raw encourages a healthier lifestyle, helping to stop smoking, reduce alcohol intake and adopt a healthier, well balanced diet.
- | Global membership – offers a choice of location and facilities.
- | Individualised fitness programmes and assessments.
- | Personal Training.

## BENEFITS TO THE COMPANY

- | RAW Corporate Membership not only helps to attract new employees to your Company; it can also help to retain them.
- | Fitter, healthier employees are less likely to be absent.
- | Improved physical fitness can increase productivity and performance at work.

**The benefits of exercise both to the employee and employer are well documented.** A healthy body makes for a healthy employee. Whether the problem is as simple as low energy levels or poor posture or more serious as in obesity, or post accident rehabilitation, a RAW Membership is the place to start.

# 12 WEEK FITNESS PLAN

HAVE YOU SIGNED UP?

INCLUDES:

- | TAILORED WORKOUT PLAN
- | 8 FREE PERSONAL TRAINING SESSIONS\*

\*NORMALLY €440. FREE TO ALL RAW GYMS MEMBERS.

**WEEK 1** | CONSULTATION & FITNESS TEST

**WEEK 2** | TAILORED WORKOUT PLAN

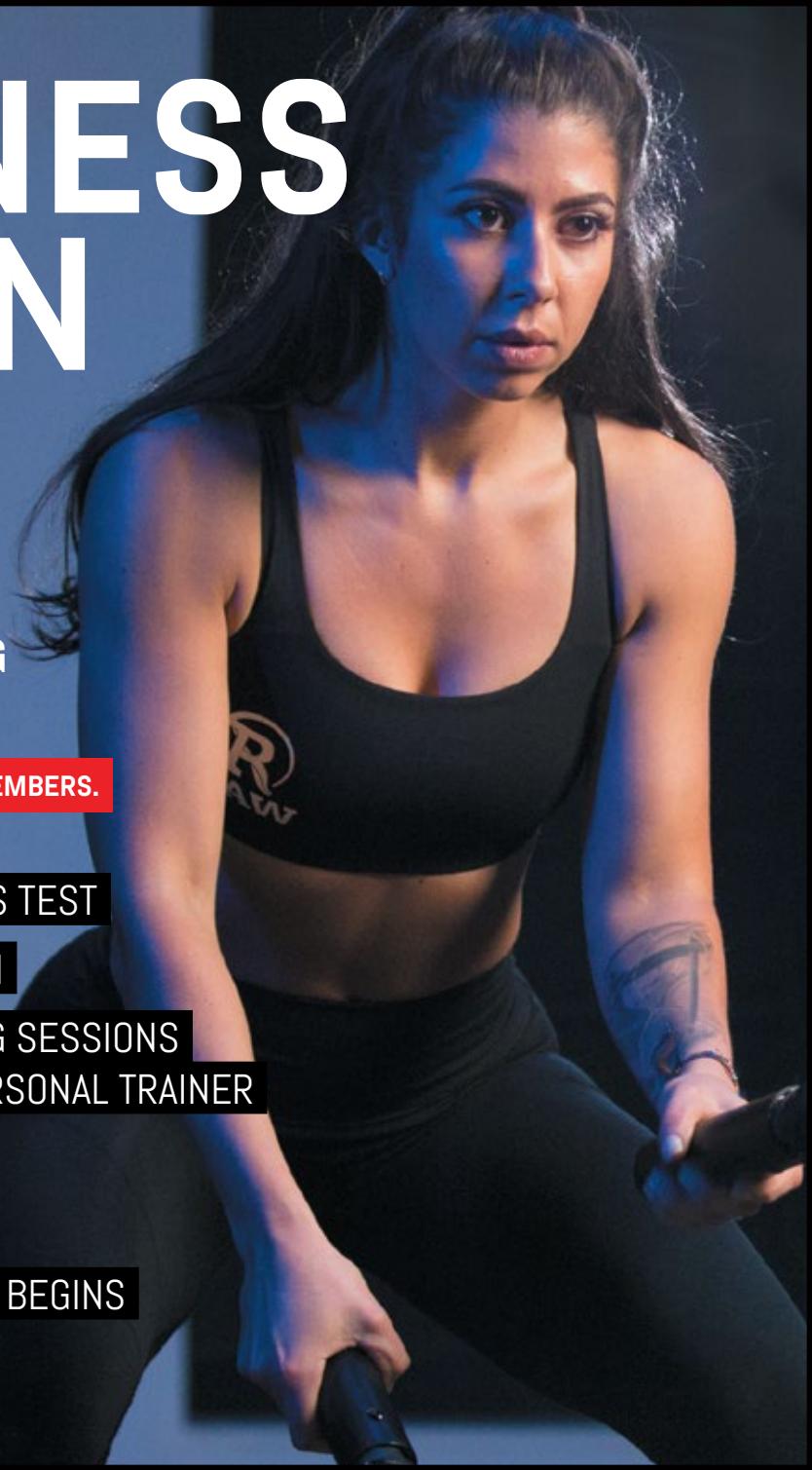
**WEEK 3-10** | 8 PERSONAL TRAINING SESSIONS  
WITH A PREMIUM PERSONAL TRAINER

**WEEK 11** | REASSESSMENT

**WEEK 12** | NEW WORKOUT PLAN

**WEEK 13** | 4 POINT PLAN PROGRAM BEGINS

VISIT RECEPTION FOR FURTHER DETAILS.



# OUR 4 POINT WELLNESS PACKAGE

This is complimentary to all members and includes:

STEP  
**1**

## INITIAL CONSULTATION

**DAY 1** This is an initial meeting with your personal trainer to discuss your goals. Your trainer will gather your info, check your measurements and test your fitness levels. They will then design your workout plan.

STEP  
**2**

## TRAINING PLAN RUN THROUGH

**DAY 2** The workout plan is where you receive the exercises suitable for you. Your trainer will go through each exercise to ensure you are using the correct technique and the correct weight to begin with. They will ensure you're comfortable with your new training plan and confident in using equipment.

STEP  
**3**

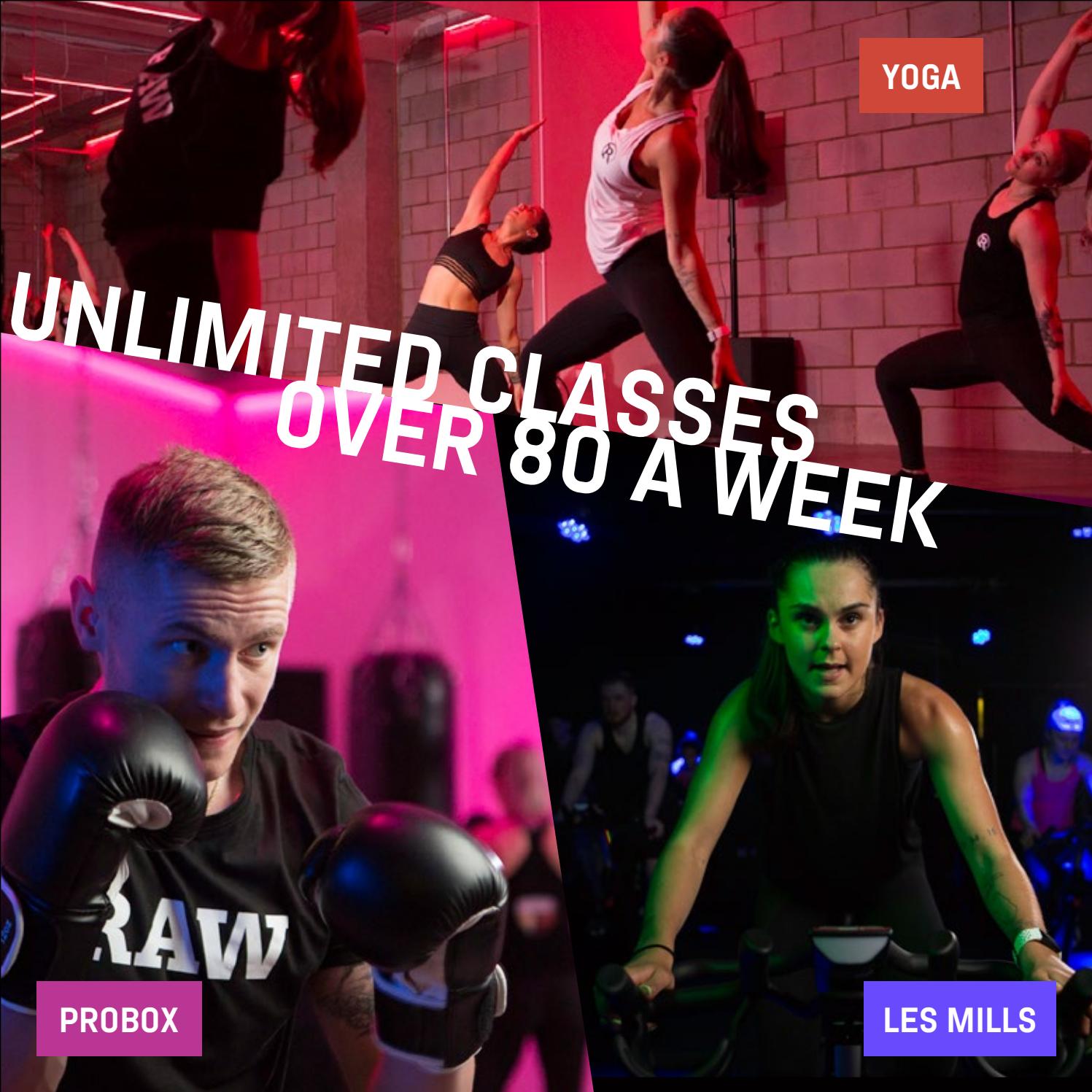
## PERSONAL TRAINING SESSION

**DAY 3** In a 30 minute, one to one session, your trainer will go through your whole training routine with you and show you the intensity you need to work out at to get great results. The workout plan is where you receive the exercises suitable for you.

STEP  
**4**

## EVALUATION & PROGRAM REVIEW

**DAY 20** You will have completed 20 days of your program so your trainer will re-check your measurement's and fitness levels and create a new workout plan to help you progress and continue to get great results. You are now back to step 1 of our 4-point wellness package.



YOGA

UNLIMITED CLASSES  
OVER 80 A WEEK

PROBOX

LES MILLS

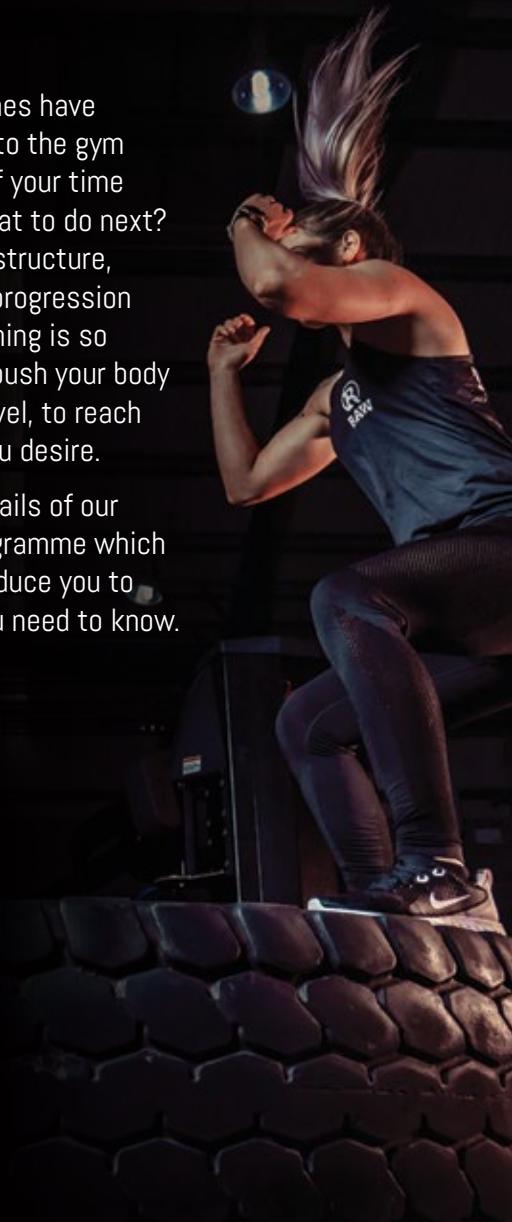
# DONNYBROOK SANDYFORD



# RAW ZERO

How many times have you walked into the gym and spent half your time wondering what to do next? Having some structure, planning and progression with your training is so important to push your body to the next level, to reach the results you desire.

Ask us for details of our Raw Zero programme which will help introduce you to everything you need to know.



# RAW BURN

Raw Burn is designed to sculpt and tone the body working the arms, legs, glutes and core through resistance training.

Exercises are performed in different tempo variations enabling full muscle fibre recruitment to help muscle tone and reduce body fat. in a fun energetic class environment.



# RAW STRENGTH

Raw Strength is a powerful full body workout which improves your core strength and muscular endurance.

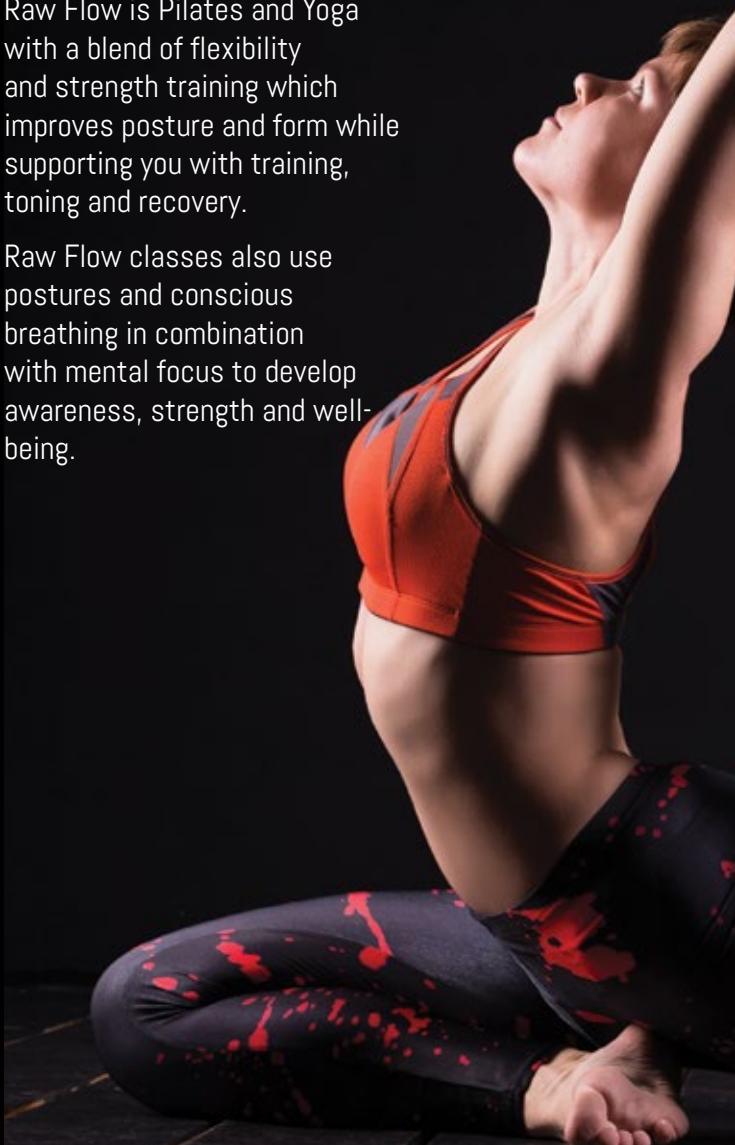
A range of exercises that hit every major muscle group to build power and develop a strong physique.



# RAW FLOW

Raw Flow is Pilates and Yoga with a blend of flexibility and strength training which improves posture and form while supporting you with training, toning and recovery.

Raw Flow classes also use postures and conscious breathing in combination with mental focus to develop awareness, strength and well-being.

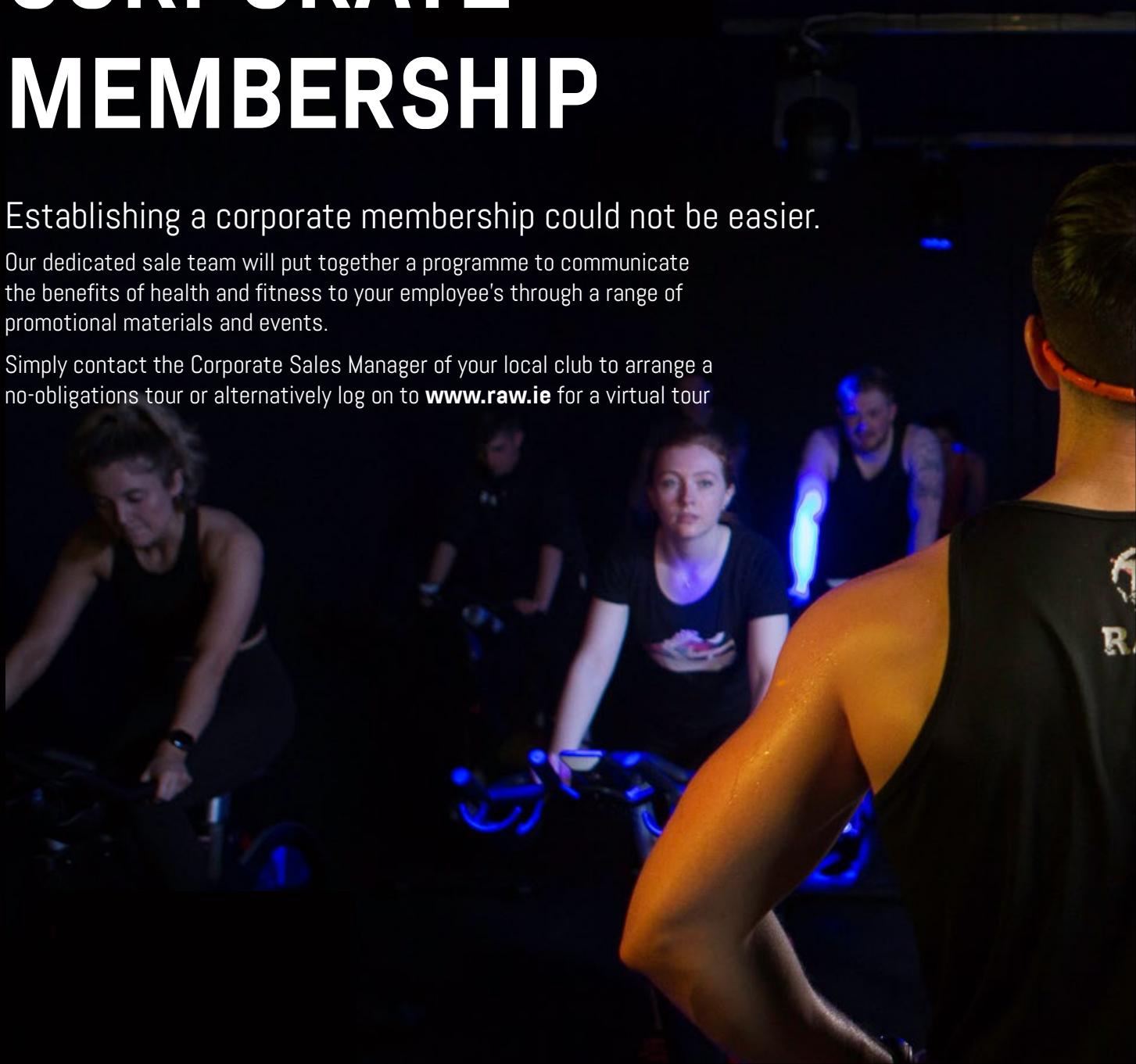


# CORPORATE MEMBERSHIP

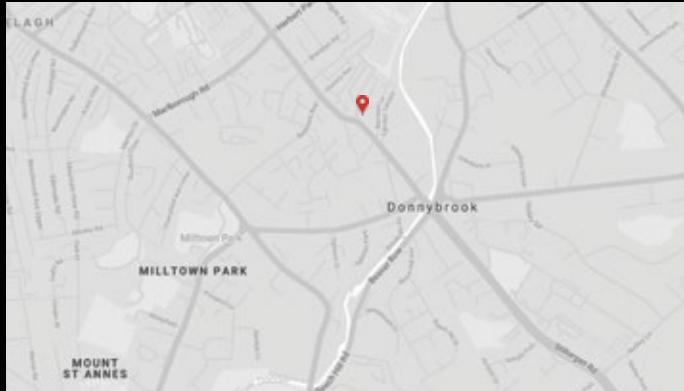
Establishing a corporate membership could not be easier.

Our dedicated sale team will put together a programme to communicate the benefits of health and fitness to your employee's through a range of promotional materials and events.

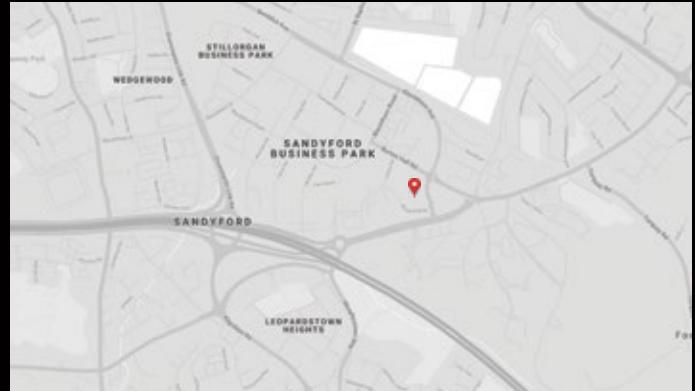
Simply contact the Corporate Sales Manager of your local club to arrange a no-obligations tour or alternatively log on to **[www.raw.ie](http://www.raw.ie)** for a virtual tour



# OUR GYMS



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