

FREE PERSONALIZED WORKSHOPS FOR COACHES AND EDUCATORS

FROM THE EXPERTS AT G&G FITNESS EQUIPMENT

These free, fully customized workshops aim to give coaches, educators, and professionals the knowledge, skills and confidence to deliver enjoyable and engaging lessons that focus on encouraging maximum participation and increasing understanding, skill acquisition, fitness and fun.

Workshops are fully customized and often include:

-  **TEAM BUILDING ACTIVITIES** to engage any size group.
-  **EXCITING NEW IDEAS** and methods for those looking to lead activities for athletes.
-  **INDUSTRY EXPERTS** from fields such as: training, fitness trends, health, fitness equipment, wellness, and nutrition.
-  **INTERACTIVE & PRACTICAL TIPS** on how to get the most out of the fitness equipment you have available.
-  **LESSON IDEAS** to improve engagement and enjoyment.

WHY CHOOSE G&G FITNESS EQUIPMENT FOR YOUR STAFF DEVELOPMENT WORKSHOPS?

G&G Fitness Equipment has been serving the needs of schools & facilities for decades. Who better to help motivate, educate, and inspire your staff? Let our experience help you provide the best for your staff and students.

WHAT DO PEOPLE SAY AFTER OUR WORKSHOPS?

Thank you so much for our awesome staff development day. We are always searching for great staff development topics and you guys knocked it out of the park. The session with the fitness training was amazing. Watching the staff take part in the workout was great. They enjoyed the energy, knowledge and insight of the trainer and how he was able to engage 30 plus staff members. Thanks again, Chris Mucica, Williamsville Schools

*Rest assured, these programs will never include a sales pitch. We are here to help you make the most of your existing equipment, and better serve your students and staff.



To personalize your own staff development workshop, contact your G&G Representative today or call **1-800-537-0516**. To find a G&G Representative near you, visit LiveFit.com or email contact@livefit.com.