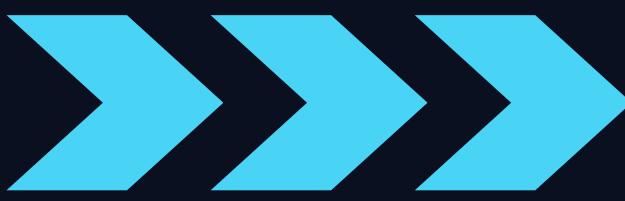




CORPORATE WELLNESS PACKAGES

Empowering your team to build strength, resilience, and focus —
because a stronger body means a stronger mind.



ABOUT UPFIT GYM

At UpFit Gym, we believe that strength goes beyond the gym. Our mission is to help individuals build not just physical strength, but also mental resilience and confidence. We focus on strength training, personalized fitness programs, and expert nutritional guidance to create sustainable results.

Unlike conventional gyms, UpFit is about precision and purpose — no treadmills, no wasted reps — just highly effective strength-based workouts designed to push you toward your personal best. Every session is carefully crafted to improve performance, build muscle, burn fat, and boost overall health.

Since opening our doors in January 2025, we've built a thriving community of individuals committed to becoming stronger — inside and out.





TRANSFORMED

200+

LIVES

83%

OF OUR CLIENTS LOSE FAT
BY INCREASING HOW MUCH FOOD THEY EAT

80%

WE HAVE AN CLIENT RETENTION RATE



OUR MISSION

01

Empower individuals to build strength, confidence, and resilience through personalized strength training.

02

Provide expert guidance and a supportive community to drive sustainable results.

03

Help clients achieve lasting physical and mental transformation.



BUILT
DIFFERENT



OUR VISION

01

Become the leading strength training gym in Kenya.

02

Deliver tailored fitness programs that transform lives through discipline and consistency.

03

Build a community where strength is more than physical.

WHY CORPORATE FITNESS?

At UpFit, we understand that mind and body work hand in hand — and when both are aligned, performance improves in every aspect of life. A strong, focused mind and a capable body lead to greater productivity, sharper decision-making, and better work-life balance.

We believe that fitness isn't just about training the body — it's about building discipline, accountability, and consistency. These same principles translate directly into better performance at work and improved mental clarity.

Our tailored corporate packages are designed to:





BOOST PRODUCTIVITY

Increased energy and focus



IMPROVE TEAMWORK

Group training sessions build camaraderie and motivation



REDUCE STRESS

Strength training releases endorphins and promotes mental clarity



ENCOURAGE CONSISTENCY AND ACCOUNTABILITY

We track progress and provide guidance



WHAT WE OFFER IN OUR CORPORATE PACKAGES

Our corporate program is designed to help employees build strength, stay motivated, and improve overall health — leading to better performance at work and beyond.



MEMBERSHIP RATES (CORPORATE RATES):

- Discounted membership rates for corporate partners (rate card at the end)
- Flexible billing options (monthly or, quarterly or yearly)

MONTHLY BODY COMPOSITION ANALYSIS (INBODY270):

- Monthly body composition checks for measurable progress
- Individual progress reports to track improvements

PERSONALIZED TRAINING:

- Group strength training 3-4 times a week
- Access to personal trainers for customized support

NUTRITIONAL GUIDANCE:

- Tailored meal planning advice
- How to fuel for strength, recovery, and fat loss

STEPS ACCOUNTABILITY:

- Encourage consistency through step count goals
- Monthly team-based step challenges to promote activity

MONTHLY VIRTUAL HEALTH TALKS:

Monthly virtual health and wellness talks on topics like:

- Stress management
- Work-life balance
- Food preps
- Injury prevention

TEAM BUILDING - UPFIT GAMES:

- Organization of UpFit – Client Team Building Games
- Strength-based games to encourage team bonding and healthy competition

Event costs covered by the client



The UpFit Games is our signature strength-based competition designed to test physical and mental endurance through a series of carefully crafted challenges. From strength and agility tests to team-based relays, the games push participants to their limits while fostering teamwork, discipline, and resilience.

We host our own UpFit Games regularly, bringing together our gym community for a high-energy competition. In addition, we offer the option to customize and organize team-building games for corporate clients — creating a dynamic, engaging way for teams to bond, build trust, and strengthen performance together.



UF





HOW IT WORKS

- **Initial Consultation:** We assess the fitness level and goals of the team.
- **Customized Plan:** We create a tailored strength and wellness program based on the company's objectives.
- **Kickoff Event:** We start with a launch day to get everyone motivated and engaged
- **Progress Tracking:** Monthly check-ins to measure progress and adjust training as needed.
- **Ongoing Support:** Our trainers and wellness experts are available for continuous support and guidance.





MEET THE UPFIT TEAM



STEPHEN-SIDEEQ BONE

Director / Head of Business



KEITHEN MUVIRA

Director / Head of Operations



SANIA SHAPI

Director / Head of Marketing



MILES MILLER

Head Trainer



AILEEN ATIENO

Trainer



TITUS KOLIECH

Trainer

THANK YOU

We would love to set up a meeting to explore how UpFit Gym can support your employee wellness goals. Let's work together to create a team that's stronger, healthier, and more focused — inside and outside of work.





CONTACT US

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