

# VITA HEALTH & FITNESS

We focus on the health and wellbeing of your employees



Call Us on  
**0412 519 485** for a  
Free Trial Class

VITA Health & Fitness is a company with over 15 years experience and knowledge in providing customised health, fitness and wellbeing workshops to corporate organisations.



We are not just personal trainers, we believe in a holistic approach, working hand in hand with you to improve the health and wellbeing of your staff so that your business can maintain a happy and productive workforce.

We cater for all levels of fitness aiming to motivate, support and enthuse individuals or groups to attain their personal goals as well as the promotion of team building. Our expert consultants are available to come to your work premises, conference venue or advise on suitable locations.

### Testimonials

Rocco's Pilates Lunch classes kick started my "shedding for the wedding" and were an integral part of my fitness regime in the lead up to the big day.



Rocco is a very positive motivator and it was great to have the DVD to do at home if I missed a class and also to take away on holidays. I felt toned and terrific on my wedding day and am ever thankful for Rocco's support. I'm now hooked on Pilates and the good feeling that comes with it!

*Joanna  
Team Lead  
- Employee  
Central  
Australian Unity*

I've been doing Pilates classes in my lunch break once a week for the last 4 years. It's a great way to break up the week and get some exercise on my lunch break. Vita's classes are a great mix of strength and stretching based pilates exercises. Vita Health and Fitness instructors are always full of enthusiasm and keeps the class interesting and varied. The class is different and remains challenging even if you go each week. I'd highly recommend Vita health and fitness lunch time classes.

*Kimberly. Dietitian, Diabetes Victoria*

### Rocco Sorace – Director

As the owner and director of the company, Rocco Sorace is an accomplished personal trainer and author who has produced a range of healthy lifestyle books as well as numerous fitness DVDs.

He is actively involved in the education of fitness leaders and is often on TV and radio in Australia, New Zealand, Norway and the UK.



### Our clients:



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## VITA corporate packages

Our packages offer an array of choices.

Contact us on 0412 519 485 to discuss the options.

### 1 HOUR SESSION

Booked in a block of 8 sessions. Choose from one of the following options:

- Pilates
- Body Tone Pilates
- Yoga
- Stretch
- Breathing
- Zumba
- Cardio boxing



### 2 HOUR SESSION

**First Hour**  
Choose from one of the following options:

- Pilates
- Body Tone Pilates
- Yoga
- Stretch
- Breathing
- Zumba
- Cardio boxing

### Second Hour

- Nutrition class quick and easy guide on what to eat.
- Understanding food labels
- Meal break (Breaky/ Lunch/ Dinner)



### HALF DAY SESSION

Morning or afternoon session:

- Goal setting – fitness and exercise motivation tips and secrets
- Stretch class
- Your choice of Zumba or Pilates class
- Meditation – learn how to destress
- Lunch
- Chair massage



### FULL DAY SESSION

Flexible session start time:

- Goal setting – fitness and exercise motivation tips and secrets
- Mind and body bootcamp
- Nutrition class
- Cooking class
- Lunch
- Stretch class
- Chair massage
- Fun team building game



## VITA GIFT BAGS – gives your staff some extra motivation!

#### VITA - The Core

- Pilates DVD
- eCookbook
- Resistance band
- Stress ball

Price: \$29 (ex gst)

#### VITA - Destressing

- Pilates DVD
- eCookbook
- Relaxation CD
- Stress ball
- Organic anti-stress mist

Price: \$49 (ex gst)

#### VITA - Workout

- Bootcamp and Body Tone Pilates DVD
- eCookbook
- Fit ball
- Floor mat
- Resistance band

Price: \$85 (ex gst)

#### VITA - Wellbeing

- 4 workout DVDs
- eCookbook
- Relaxation CD
- iPhone app
- Resistance band
- Pilates roller
- Fit ball
- Floor mat
- De-stress mist

Price: \$99 (ex gst)

#### Fitness Pilates Class

- calms and relieves stress
- improved strength, flexibility and mobility
- tone the body, improved abdominal and back strength • aid weight loss
- maintain postural alignment

#### Body Tone Pilates Class

15 mins – Low impact mat workout, recharge your mind and body plus tone your muscles  
15 mins – Cardio Boxing fun work out, increase your heart rate, tone and reduce your body fat  
30 mins – Mat based dumbbell Pilates, feel centered and balanced  
Session ends with a relaxing stretch down.

#### Zumba Fitness® Class

This is the only Latin inspired dance-fitness program with red hot music and steps that is addictive fun.

#### Mind and Body Bootcamp

We motivate, support and coach participants who want a total approach to body toning, revitalise, energise, and achieve a balanced and healthy lifestyle. Workout includes:

- warm up • cardio kick boxing • strength and fitness • pilates • relaxation

#### Cardio Boxing Class

A high intensity workout routine mimicking punches and moves from boxing and martial arts. As a fun and fast-paced workout it is a great way to get in shape and stay fit.

#### Stretch Class

A muscle balancing program making exercises and classes easier.

- improvement of biomechanical problems
- increased range of movement at joints
- reduced muscle tightness
- increased overall flexibility
- improved posture

#### Yoga Class

We teach a comprehensive set of restful and restorative yoga positions, breathing exercises and guide you in achieving a complete state of relaxation. Learn how to reduce the impact of stress in daily life and how to control its effects.

#### Meditation Class

Learn to deliberately holding your attention on a subject, object or process. Results can include feeling more alive, enhanced feelings of calm and heightened awareness. Meditation can reduce stress and aids

healing and recovery from injuries.

#### Chair Massage

To help you unwind and relieve tension in your back and shoulder muscles, we give a relaxation massage whilst you are seated.

#### Nutrition Class

Fully interactive and fun, we talk about your food plan, eating habits, provide dietary guidelines and portion size strategies. We discuss food labelling, GI (glycemic Index), recommended daily nutritional intake and how nutrition can affect the mind and body.

#### Cooking Class

Mamma knows best... of course it has to be Italian! Roll up your sleeves, learn some great healthy cooking techniques and of course have a few laughs.

#### Breathing Class

We will teach you how to make the most of your breathing to relax and rejuvenate, to oxygenate your blood and get your circulation going.