

# CORPORATE WELLNESS.

FORGE is Cape Town's premier heated strength studio.  
Delivering fast, effective, full-body strength  
+ conditioning designed to fit into the working day.  
**50 MINUTES. FULL BODY. SERIOUSLY EFFECTIVE.**

# FORGE

Our coach-led sessions combine strength,  
conditioning, mobility and endurance in a high-  
energy environment.

WE GET PEOPLE **MOVING**.  
WE GET PEOPLE **STRONGER**.  
AND WE KEEP THEM **COMING BACK**.



## WHY FORGE?

- **50-minute sessions**  
before work, lunch or after work
- Strength + conditioning for all fitness levels
- High-energy, community-driven training
- A brilliant way to build team culture outside the office
- Supports employee wellbeing, stress management and physical health
- Convenient Cape Town CBD location –  
42 Hans Strijdom Avenue

**And unlike handing employees another gym membership they may never use, FORGE is an experience.**

CORPORATE WELLNESS.

**FORGE**



**INVEST IN YOUR PEOPLE.**

**WE'LL MAKE  
THEM STRONGER.**

CORPORATE WELLNESS.

**FORGE**

# PACKAGES

Give your team access to FORGE through one shared monthly corporate package.

## TIER 1 – R15,000 / MONTH

150 class credits  
Shared amongst employees  
Priority booking  
Monthly usage reporting



## MOST POPULAR

## TIER 2 – R25,000 / MONTH

250 class credits  
Shared amongst employees  
Priority booking  
Monthly usage reporting  
10% off FORGE merchandise

## TIER 3 – R40,000 / MONTH

UNLIMITED class credits  
Priority booking  
One private team class per month  
Corporate signage in studio  
Monthly usage reporting  
15% off FORGE merchandise

|                    | TIER 1  | TIER 2<br>MOST POPULAR | TIER 3     |
|--------------------|---------|------------------------|------------|
| MONTHLY            | R15,000 | R25,000                | R40,000    |
| CLASS CREDITS      | 150     | 250                    | UNLIMITED* |
| Shared across team | ✓       | ✓                      | ✓          |
| Priority booking   | ✓       | ✓                      | ✓          |
| Usage reporting    | ✓       | ✓                      | ✓          |
| Private team class | –       | –                      | 1 / month  |
| Corporate signage  | –       | –                      | ✓          |
| Merch discount     | –       | 10%                    | 15%        |

CORPORATE WELLNESS.

**FORGE**

# STRONGER PEOPLE. STRONGER TEAMS.

A corporate wellness programme should do more than tick a box.

Regular training can support:

## BETTER ENERGY + FOCUS

Give employees a physical and mental reset during the working week.

## LOWER STRESS

Movement, training and time away from the desk provide a positive outlet in high-pressure working environments.

## TEAM CONNECTION

Train together. Sweat together. Have a laugh. FORGE creates connection without another awkward corporate team-building exercise.

## PHYSICAL HEALTH

Build strength, fitness, mobility and confidence through consistent, professionally coached training.

A BENEFIT PEOPLE ACTUALLY WANT TO USE.

CORPORATE WELLNESS.

**FORGE**

COME AND TRY IT.

WE'LL HOST YOUR TEAM FOR A COMPLIMENTARY FORGE SESSION.

# FORGE

Experience the studio. Meet the coaches. Try the training.

Then we can build the right corporate package around your team.

AJ / OWNER

[aj@forgepowerburn.com](mailto:aj@forgepowerburn.com)

WhatsApp: +44 787 403 6993

42 Hans Strijdom Avenue, Cape Town