

COMPANY PROFILE



Fitness
Solutions Limited



PREVIOUS INSTALLATIONS BY TEAM MEMBERS



AGA KHAN SPORTS CLUB



BRITISH ARMY - EMBAKASI



IKM



KAREN COUNTRY CLUB



MOMBASA SPORTS CLUB



NAIROBI CLUB



THE NATIONAL ASSEMBLY



PLATINUM HEALTH CLUB



PRESTIGE GYM



SAROVA STANLEY



SAROVA WHITESANDS



PARKLANDS SPORTS CLUB



TGT - TANZANIA

WINDSOR GOLF CLUB



NAIROBI SERENA



SAFARICOM - JCC

SAFARICOM - HQ

MISSION STATEMENT

Fitness Solutions essential mission is to achieve total customer satisfaction through the provision, development, and design of technologically advanced products and equipment that meets our clients ever changing Health & Fitness requirements.

Fitness Solutions has distributed numerous world-class Health and fitness equipment and our dedicated team has worked extremely hard in ensuring customers needs in the Health and Fitness sector are fully met. Designing, Installing and servicing some of the busiest health Clubs in the East African Region.

As your convenient one stop fitness source, Fitness Solutions offers a full line of the best cardiovascular and strength training available along with dedicated service and support.

SUPPORT

Fitness Solutions has invested in a team of highly qualified personnel with vast experience in the fitness and health industry both locally and internationally.

This team constitutes our core support department. The vigorous training that they have undergone, **GUARANTEES** our customers the best in terms of support and results-oriented workout programs. We provide **SOLUTIONS** for all your fitness requirements.

Our experienced technicians will respond quickly to your technical needs thus reducing any down time and ensuring the Customers' facilities continue to have smooth uninterrupted business especially during peak hours.

In line with the overall Vision for Fitness Solutions we

Understand that providing all the extras sets our product apart from the Competition. Our over and above exceptional customer service, in-depth knowledge of all current fitness trends, and methods of training offers our clients all the tools needed to deliver the best fitness solutions. **Our technicians have attended training academies held in different locations** to enable them to deliver world class service to our customers

Fitness Solutions Management comprises some of the most experienced professionals in the health club industry. Our aim is to change the concept of conventional corporate fitness facilities. **We believe that a company's fitness centre can be so much more than just a gymnasium or a facility for body building.** The centre can be used as a hub of activity, a place where members can exercise, socialize and interact on an equal level. The fitness centre can offer physical stimulation, sports and social events, holistic treatments, fitness classes and other health related benefits.

We strive to offer personalized service to our clients by listening and reacting to their needs and requirements. We believe that inspiration and communication within the key departments is essential for the development of the facility. Corporate fitness and well-being is constantly changing. As the market evolves, so does the level of service required. To this end, Fitness Solutions Management is able to offer a wide and diverse range of services to cater for your entire staff member's physical-health and well-being needs.

Management & Consultancy

FitnessSolutions operational experience and commercial expertise can be utilized in Project management or a consultancy role. Whether you are a operating a Commercial fitness centre or an in-house corporate fitness facility we can help you.

FitnessSolutions can help with the following:

Feasibility Studies

We will identify development requirements, conduct competitive analysis & market research to ascertain project suitability.

Project Management

Once a direction has been agreed, Fitness Solutions can help with every stage of the facility's evolution; from the set-up and purchasing of equipment & ancillaries to the recruitment of staff and marketing of the facility.

Equipment Supply and installation

From Cardio equipment, free weights, toning machines, aerobics and dance studios. Whatever it takes we will continually utilize our industry experience and all available resources to ensure that you receive not only the best equipment but also the best Fitness related services at the **best price**.

Ongoing Management

Our staff is highly qualified and motivated to provide quality service. By investing in Fitness Solutions, you will be investing in experience. By bringing our knowledge and experience to the facility, we aim to establish a club that creates the right corporate image and stands out.

With Fitness Solutions our customers become part of an enthusiastic and charismatic team who strive to provide first class service and instruction with continued in house training to help our clients reach their personal physical development goals .

Expert Gym Instruction

Fitness Solutions Consultants offer a comprehensive range of classes and specialized training programs to meet various personal requirements such as Cardio-Vascular, Free Weights, Aerobics, Personal Training, Physical Therapy, Senior Fitness, Stability Ball and Pilates, Sport Specific Training, Step Aerobics and Weight Management.

Clinics and Consultation

FitnessSolutions recruits health professionals, who on consultancy basis, offer various services including special seminars and consultations on weight loss, nutrition, smoking cessation, relaxation techniques, stress management, etc. Our team of health professionals includes a physiotherapist, chiropractor, nutritionist, heart specialist and psychological consultants.

We also provide health and fitness information in form of newsletters, flyers, etc based on our clients requirements.

The Fitness Solutions Personnel Team

The team operating Fitness Solutions consists of highly qualified and experienced Personnel in areas related to management, fitness and health. To make sure that your fitness club runs professionally we have invested highly in qualified team players that include a Traumatologist, Physiotherapist and a Nutritionist.

General Manager- Nathan MacKenzie - has over 18 years experience having worked in management level in various companies both internationally and within East Africa.

Manager Operations- Martin Mwangi (ACCA) has over 10 years experience, working with various companies both within and outside the country.

Corporate Fitness Center Manager - Mr. Dan Amimo: has over 18 years experience and holds a Diploma in Sports & Fitness Science (U.K.) and specializes in Training of Fitness Instructors and various specialized training programs such as Fitness Training for the Older Person, Antenatal + Postnatal fitness training, Fitness Assessment & Exercise Counseling and various other programs. His experience includes management of various Health and Fitness Clubs in Kenya and Nigeria and he is also responsible for training new up coming instructors. Dan is also the founder and treasurer of AFIA KENYA (Aerobics & Fitness Instructors Association of Kenya)

Technical Manager:-Isaac Gichini:-Bsc Engineering Has over eleven years experience and has also attended technical Academies both within and outside the country he leads a team of experienced and dedicated technicians.

FACILITY LAYOUT

We recommend the optimal mix of equipment and position our new and existing machines based on the dimensions of your facility. So you can maximize the efficiency of space you dedicate to fitness.

SERVICE TECHNICIANS

We have a network of responsive professionals dedicated to delivering prompt service and expertise to keep your equipment running smoothly everyday.

FITNESS SOLUTIONS Our Business Development department provides consultancy for in-depth analysis of facilities and offers solution based packages to increase awareness, client satisfaction, training the trainer, new programs and increase the revenue potential of existing gyms.

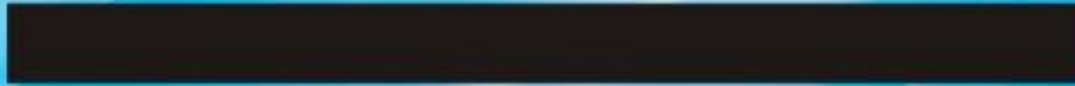
FitnessSolutions also guarantees **free maintenance** for one year, and gives a two-seven year general warranty on all its equipment. Our Cardio equipment is installed with an **automatic Wax Spray mechanism** that increases the life span of the equipment and ensures long smooth operation for the customers.

CUSTOMERS CURRENTLY USING THE PRODUCTS

Fitness Solutions team has a most impressive customer installation list ranging from simple home facilities, medium size health clubs to large commercial centers.

LOCAL CUSTOMER INSTALLATIONS BY TEAM MEMBERS

CLIENT



SAROVA WHITESANDS



WINDSOR GOLF CLUB



BRITISH ARMY - EMBAKASI



SAFARICOM



SERENA



MINISTRY OF DEFENCE

KAREN COUNTRY CLUB



HILTON HOTEL



SAROVA STANLEY



CANADIAN EMBASSY



KENYA NATIONAL ASSEMBLY
(PARLIAMENT)



AGAKHAN SPORT CLUB I



CENTRAL BANK - Mr. DAN



IKM ADVOCATES



WOBURN RESIDENCE - MALINDI

MOMBASA SPORTS CLUB



COMMUNICATIONS COMMISSION
OF KENYA (CCK)

CONCLUSION

Physical fitness is to the human body what fine tuning is to an engine. It enables all to perform up to their full potential. Fitness can be described as a condition that helps us look, feel and be at our best. More specifically, it is: **"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."** It is a way of life.

We at Fitness Solutions offer the expertise and experience for you to set up or manage your fitness center in the utmost professional manner and enable your members achieve their personal fitness goals that will help them become physically and mentally alert which would in turn result in more productivity and ultimately cost savings on astronomical outpatient medical costs.

CORPORATE INFORMATION

Directors

Martin Mwangi
Isaac Gichini

Company Secretary

Rombo & Co Advocates
P. O. Box 74041 - 00200 Nairobi.

Registered Office

Nine Planets
Kabarnet Road
P. O. Box 1277 - 00502 Nairobi.

Auditors

Ndegwa & Co
P. O. Box 47089 - 00100 Nairobi.

Bankers

Chase Bank
Riverside mews branch.

