

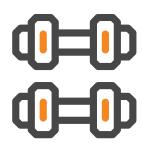
A FULL SPECTRUM FITNESS COMPANY SERVICING YOUTH, CORPORATE AND GOVERNMENT SECTORS IN THE UAE

WE NOW LIVE IN A FITNESS FOCUSED SOCIETY











TIMES HAVE CHANGED







Healthy Lifestyle via Nutrition & Activity



Well-Being of Mind & Body



Fitness Apps & Gadgets



CORPORATE BENEFITS

- Improved Performance
- Understanding of Healthy Lifestyle
- Passionate Team Members
- United Departments

- Healthier Workforce
- Happier Workplace
- Improved Networking Skills
- Company Loyalty

70% OF COMPANIES NOW HAVE A WELLNESS PROGRAM COMPARED TO 45% IN 2013

The Way We Look After
Our People Has Changed

60% OF UAE RESIDENTS REPORT FEELING STRESSED AT WORK & 45% OF ABSENTEEISM CAN BE ATTRIBUTED TO MENTAL HEALTH ISSUES

Work-Life Balance is Essential For Productivity

THE FITNESS & WELLNESS SOCIETY IS HERE

Our People Demand More

THE PTC PROMISE









MOVE

EDUCATE

MOTIVATE

SUPPORT

TEAM MEMBERS





Youth Training Corporate Training Nutrition Specialist Event Prep



ROAN KOTZE

Youth Training
Corporate Training
Team Building
Event Prep



JP FAGAN

Youth Training Rehab Training Massage Event Prep



ANJA TALJAARD

Corporate Training Rehab Training Female Training Event Prep

TRUSTED PARTNERS





















































PTC CORPORATE





PROJECT BASED

- Team training programs in preparation for major events
- NAS / Desert Warrior / Spartan etc

CSR INITIATIVES

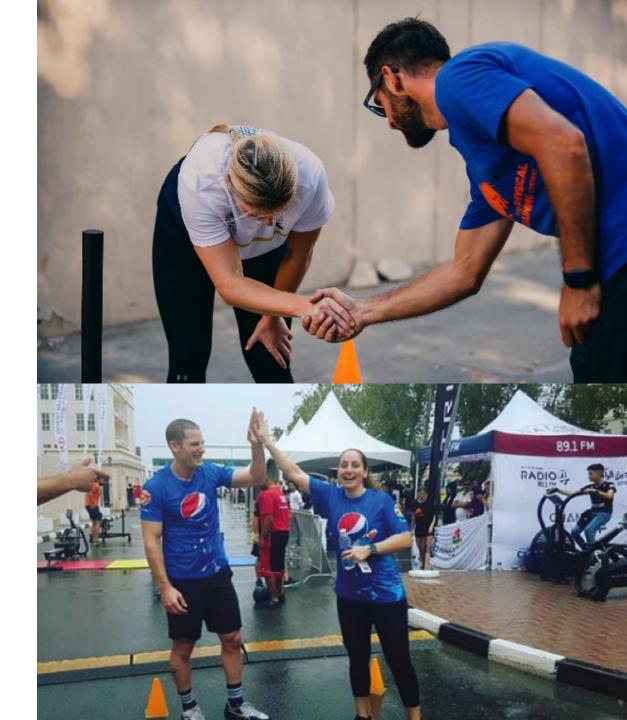
- Team Building activities
- Corporate Outings
- PTC Outdoor Club (Desert Trips, Cycling, Hiking, Camping, BBQs and more)

PREFERABLE RATES PROGRAM & HEALTHY LIVING ALLOWANCE

 Discounted rates for The PTC services (Personal Training, Semi Private PT, PTC Circuits)

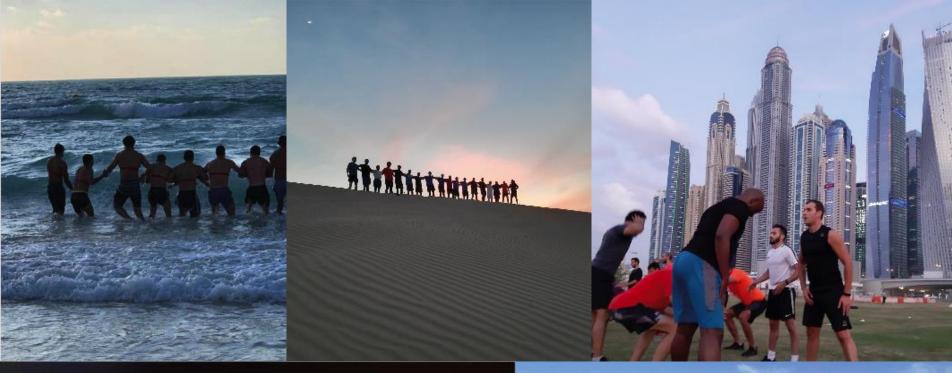
DUBAI CORPORATE GAMES

- 4 week specific training program
- 6 week specific training program
- 8 week specific training program



MEMORABLE EXPERIENCES

Beach Training Team Building Group Training Desert Nights Mountain Hikes





BUILDING FRIENDSHIPS

Elite Youth S&C
PE Curriculum
GovGames Training
Mountain Biking
Dubai Corporate Games



TEAM OUTINGS

Ninja Warrior Omani Canyoning Camping & BBQs Corporate Fitness Group Yoga Team Events



GROUP ENGAGEMENT

Sport Activities Competitions Brain Games Family Days Hatta Kayaking





THANK YOU

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