OmniGym

PARTNER COMPANIES

Team days for our partner companies.

You already trust us with your staff's fitness. Now take the whole team further, with coach-led team days at a preferred partner rate.



OMNI GYM LIMITED

info@omnigymafrica.com
+256 781 148 906
omnigymafrica.com

HOW IT WORKS

Simple to plan. Easy to run.

1. **Tell us your goals**
   Your team size, preferred date and what you want the day to achieve. We already know your team.

2. **We design the programme**
   A tailored mix of games, challenges and workshops for your team.

3. **Event day**
   Our coaches run the activities from warm-up to the final prize-giving.

4. **Follow-up**
   We share photos from the day and gather feedback to plan what comes next.

CHOOSE A FORMAT

Half day
A focused morning or afternoon programme.

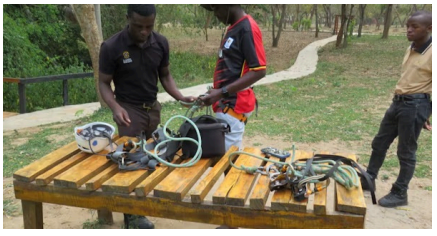
Full day
Games, workshops and a shared lunch in one day.

Recurring
Monthly or quarterly sessions for ongoing team spirit.

Your partner rate. Because we already work together, we can offer you a better rate on team-building days than our standard pricing.







Request your partner rate

Your rate depends on team size, format and venue.

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FOR OUR PARTNER COMPANIES

TEAM CHALLENGES AND GAMES

PARTNER RATE AVAILABLE

Games that bring teams together.

Friendly competition that gets colleagues laughing, cheering and cooperating.



ACTIVITIES

- **Relays and obstacle courses**
- **Tug-of-war and field games**
- **Department-versus-department tournaments**
- **Prizes and team leaderboards**

SAMPLE PROGRAMME

9:00	Arrival and group warm-up
9:30	Team formation and relay rounds
11:00	Field games and tug-of-war
12:30	Final, prizes and group photo

Outcome: Healthy rivalry that builds energy and team spirit.

Book your partner team day

Mention your partner rate when you book and we will plan the day.

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OUTDOOR ADVENTURE DAYS

PARTNER RATE AVAILABLE

Take the team outside.

A day away from the desk with outdoor activities that build trust and shared memories.



ACTIVITIES

- Treasure hunts and orienteering
- Group outdoor challenges
- Trust-building activities
- Your venue: office grounds, a park or a resort

SAMPLE PROGRAMME

9:00	Briefing and warm-up
9:30	Treasure hunt and orienteering
12:30	Lunch break
13:30	Trust challenges and wrap-up

Outcome: Teams that return closer, more motivated and ready to collaborate.

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PROBLEM-SOLVING WORKSHOPS

PARTNER RATE AVAILABLE

Solve it together.

Hands-on challenges that show how your team communicates, plans and decides under pressure.



ACTIVITIES

- **Team puzzles and escape-room style challenges**
- **Creative build-and-design tasks**
- **Communication and trust exercises**
- **Facilitated debrief that turns lessons into action**

SAMPLE PROGRAMME

9:00	Welcome and icebreaker
9:30	Team puzzle rounds
11:00	Build-and-design challenge
12:00	Debrief and action plan

Outcome: Clearer communication and better teamwork on real projects.

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WHY TEAM UP WITH US AGAIN

A team day your people will talk about.

Fitness expertise

Our background is fitness and wellness, so every activity keeps people moving.

Tailored to your team

Programmes shaped around your goals, headcount, venue and budget.

Preferred partner rate

A better rate for companies we already work with.

Simple to set up

We build on the working arrangement we already have, so planning is quick.





Book your partner team day

Call or email us and we will propose a plan.

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