



Koko FitClub

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To the Needham Public School Committee:

As a product of the Needham Public School system (Mitchell, Pollard, NHS '94!) I am incredibly grateful for the opportunities my education afforded me, including opening my gym, Koko FitClub, in my hometown! In our 8 years here in Needham Heights, our gym has helped the Needham community to be a healthier place, one member at a time, and I'd love the opportunity to offer our services at a discount to eligible employees at the Needham Public Schools.

At Koko FitClub, we provide a proven fitness program focused on both strength and cardio training. In contrast to a traditional gym, we provide a customized exercise program to every one of our members. All the planning is taken care of, so our members just need to get themselves to the gym (which we know can be a challenge) and be willing to put in some work to get the results they desire. Our technology-driven Smartraining system allows members the option to come in on their own time, without scheduled appointments, but still receive step-by-step guidance throughout each workout. Our caring staff is also always available to help, provide support, instruction, accountability, or whatever our members need to reach their goals. I think that's what really differentiates us from mainstream fitness options.

I am a firm believer that an effective and doable fitness program can be life-changing. Research shows that healthy employees are more productive employees. I have two sisters who work in schools; one as a fifth grade teacher, and one as a middle school social worker. I've learned from my sisters how much energy it takes to make it through a school day. I feel that nothing helps to provide lasting energy like regular exercise. Healthier educators can also inspire students to be healthier and more productive. Giving back to my school system by inspiring others to exercise and lead healthier lives is an important part of the dream I have achieved in opening my gym here in Needham. As such I would like to provide the following offers to eligible town employees.

First, we would like to invite Needham School and Town employees to **try out Koko FitClub Needham for 30 days for just \$30**. During this 30-day period, each member will be set up on a customized foundational strength and cardio program. We will include 5 one-on-one training sessions with each member to ensure proper form, intensity and accountability.

For those that would like to continue with us at Koko Needham after the 30-day trial, we will credit the \$30 trial fee, toward our Starter Kit package (regularly \$79; discounted to \$49 after credit).

We would also like to offer a **10% discount on the monthly fee for the membership of choice for eligible employees who would like to continue with their fitness at Koko Needham. Our membership options range from \$49/month to \$299/month, depending upon workout frequency and whether one-on-one coaching is desired.** All of our strength training programs include a customized nutrition program that is tailored to the individual, designed to help reach his or her goals, whether those goals be focused on weight loss, increasing strength, or general health and wellness.

If you have any questions or need clarification on any of this, please feel free to reach out to me directly here at the gym at 781-444-0011. I am happy to personally assist any employees who are interested in getting started, or answer any questions they may have.

I appreciate this opportunity to give back to my school system to help the Needham education community to be stronger, healthier and happier!

Best in health,

Paul Romeo
Owner | Koko FitClub Needham