



Fitter for life

PrimeFit – ANZCO Foods Terms and Conditions

Overview

The PrimeFit pilot wellbeing programme is run by EA Networks Centre (EANC) in conjunction with ANZCO Foods Canterbury (AFC) for approved ANZCO Foods Canterbury, Rakaia, and Ashcold employees.

The programme will commence on Monday 2 March and will run for a 12-week period (3 months).

The pilot programme is restricted to a limited number of spaces. Successful applicants must be available to start the programme on Monday 2 March and be able complete the full 12-week programme.

The programme is fully funded by AFC provided the participant fulfils all requirements of the programme.

The participant's programme details are confidential to the participant, nominated AFC Health and Safety team members, and EANC.

On acceptance to the programme the participant will receive:

- EANC initial health assessment
 - Personalised exercise programme based on health assessment to suit ability and health goals
 - Ongoing support and motivation at weekly well-being check-ins
 - Full gym access
 - Pool access
 - Full access to group fitness classes
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The participant agrees to:

- Commit to and complete the full 12-week programme.
 - Attend all programmed gym/pool/class sessions and weekly wellbeing check-ins as scheduled.
 - If unable to attend scheduled sessions, the participant must contact their nominated AFC support person and/or EANC.
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The participant agrees that AFC will cover the full cost of their prescribed programme prior to the programme commencement on the condition that the programme is completed.

Successful programme completion will be a specified minimum of programmed gym/pool/class sessions and weekly wellbeing check-ins attended, and achievement of agreed health goals.

If the programme is not completed the participant will repay the full cost of the programme to AFC. Exceptions to this requirement are at the sole discretion of AFC.

Participants agree to their photos and images being posted in ANZCO Foods internal communications including but not limited to the ANZCO Foods intranet, on-site TV screens, newsletters.

The participant must complete all membership paperwork required by EANC and also read, understand, and agree to the EANC Terms and Conditions* particularly with regard to:

- the use of EANC facilities
- Termination of membership
- Health and Safety
- Liability
- Privacy
- Access

*Note the EANC Terms and Conditions with regard to Payment Terms do not apply under the ANZCO Foods PrimeFit programme as this is covered by AFC for the duration of the PrimeFit programme.

Participant must achieve or show progress in reaching their initial health goal/s created at their initial assessment with EANC.

The success of the pilot programme will be reviewed on completion. If successful, AFC will consider running further programmes.

EA Networks Centre / ANZCO Foods Canterbury PrimeFit

Inclusions explained:

Full Gym Access

- Participants will receive unlimited access to the EA Networks Centre gym.
 - The gym includes a wide range of cardio equipment, strength machines, free weights, functional training zones, and stretching areas, suitable for all fitness levels.
 - Participants train at their own pace, with staff available for guidance and support when needed.
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Pool Access

- Includes access to the Centre's 25-metre lap pool, hydrotherapy pool, and sauna/spa area.
 - These facilities provide opportunities for low-impact exercise, rehabilitation, and relaxation, supporting both physical and mental wellbeing.
 - Hydro sessions can complement gym training or serve as a gentler recovery option.
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Group Fitness Classes

- An extensive group fitness timetable is available with over 90 classes each week.
 - This includes Les Mills programs, functional training, cycling, yoga, pilates, aqua fitness, and wellbeing-focused sessions.
 - Group classes provide variety, motivation, and a fun way to build consistency and community.
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Initial Health Assessment

- Before beginning, participants will complete a comprehensive health and fitness assessment. This includes:
 - Baseline measurements (eg, weight, body composition)
 - Fitness testing appropriate to ability
 - Discussion of goals, exercise history, and any injuries or health considerations
 - The assessment helps the EANC team create a safe, effective, and personalised programme.
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Personalised Exercise Programme

- Participant will receive a 60-minute one-on-one appointment with a qualified instructor to design their personalised exercise plan.
 - This session will cover:
 - Technique coaching to ensure safe and effective movement
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- Programme design based on goals, fitness level, and preferences
 - Instruction on how to use the gym equipment confidently.
 - The goal is to provide the participant with a clear, achievable plan that builds both skill and confidence.
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Weekly Wellbeing Check-in

- Participant will attend a 10-minute weekly check-in with the EA Networks Centre team to:
 - Review progress and attendance
 - Discuss how they're feeling and coping
 - Provide motivation and adjustments if needed
 - Optionally complete a weekly weigh-in for accountability and tracking
- This check-in ensures ongoing engagement and helps participants stay on track with their health goals.

EA Networks Centre Team

The EA Networks Centre fitness staff are fully qualified exercise professionals holding a minimum of a Level 4 Certificate in Exercise, with some staff also completing diplomas or bachelor's degrees in Applied Science (Sport and Exercise).

The EA Networks Centre team is experienced in working with a wide range of clients from beginners to those managing health conditions.