

FITNESS

WELLNESS

LIFESTYLE



*If it's not fun,
it's not done*

STRETCH AND FLEX

The stretch and flex program is a comprehensive program for all staff that can be implemented into the everyday workplace. The set-up includes educational program presentations, training and literature.

FUNCTIONAL FITNESS

Functional fitness classes are a great way to offer effective fitness in the workplace with minimal equipment. The program is FUNctional and perfect for all levels fitness.

MINDFUL PRACTICES

Productivity comes from a clear mind, a healthy body and a purpose. A mindful practice creates the space for just that! Bring Mindful Meditation or Yoga to your team and the results will come into focus.

EDUCATE TO MOTIVATE

Educate to Motivate is a series of sessions on how to live longer and better. Sessions include building fitness into your busy schedule, eating healthy on the run and balancing life, work and play.