

# EXERCISE AND FITNESS SESSIONS

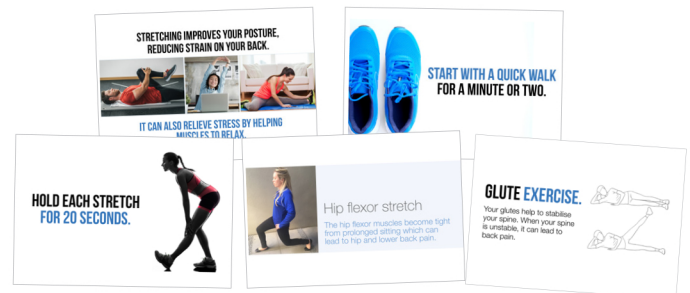
Our group exercise sessions are a great way to promote physical activity and health and wellness while generating enthusiasm and enjoyment amongst your employees. Sessions cater for all levels of fitness and strength to help your employees meet their overall wellness goals.

## Group exercise classes available include:

- **Yoga, Pilates and stretching sessions** - help to improve core strength, encourage correct postural alignment and build strength in the lower back. Also available as an at-home class over Zoom.
- **Functional fitness sessions** - with a focus on strength and precision to improve muscular endurance, coordination, posture and agility. Ensures your employees are ready for everyday activities.
- **Outdoor bootcamp sessions** - featuring boxing, body weight circuits, plyometrics and resistance workouts. Designed to suit all levels of fitness. Also available as an at-home class over Zoom.
- **Walking and running groups** - tap into the power of social support and help employees get active while at work.
- **Warm up for work routines** - a series of simple stretches and exercises that can be undertaken in any workplace, these are designed to help employees reduce injury risk and improve overall health and wellbeing.
- **Home-based stretch and exercise videos** - custom-developed for your staff, these can be accessed via our online learning portal.



**All participating employees are required to undertake a pre-screening assessment to determine if they need a physician's referral before starting an exercise program.**



## Pricing:

- Individual exercise programs - construction of an individual program: \$55 per person
- Online Zoom exercise classes:
  - 15 minute session - \$55 + GST
  - 30 minute session - \$80 + GST
  - 45 minute session - \$110 + GST
- Videos - price on application

