



Corporate Fitness Packages



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Energy Movement Wellness

Founded by Emily Schmidt, Occupational Therapist this company is on a mission to raise the health standards globally physically, mentally, socially, emotionally and spiritually.

This company can provide Ergonomics, Lunch & Learns, Fitness, Health Checks and add value through our programs *Happy at work*, *Healthy at work* & *Harmony at work*.

Fitness

Our aim is to make fitness accessible, enjoyable, and beneficial for all employees regardless of their fitness levels. Our Corporate Group Fitness classes are tailored to fit into your busy work schedule. We provide on-site training, meaning you don't have to worry about travel time or extra costs. Each session lasts between 45 to 60 minutes, making it easy to fit a workout into your workday.

The workouts are functional, which means they help your body to perform real-life activities in real-life positions. They incorporate multiple muscle groups and joints, improving overall strength, balance, posture, and flexibility. These workouts can be tailored to all fitness levels, making them inclusive for everyone.

We also offer optional physical measurements and health questionnaires. This additional service provides a snapshot of your current health status, helping to identify potential health risks and track your progress over time. This information can be invaluable in creating a personalized fitness plan that addresses your specific needs and goals. Investing in our Corporate Fitness Packages not only promotes a healthy lifestyle among employees but also leads to numerous benefits for the company.

Regular exercise has been linked to increased productivity, improved mental health, reduced stress levels, and improved team cohesion. It can also lead to lower health care costs and reduced absenteeism.

Let us help you create a healthier, happier, and more productive workplace.

Get in touch today to learn more about our Corporate Fitness Packages.

Service fees

Session Information

- Equipment included.
- 45 minute work out
 - Per Session: \$165
- Optional 15 min fitness assessment (BP, weight, HWR, basic lifestyle Q)
 - Full day (20 pp): \$1500
- Where there is more than 30 people in a class an additional PT will be provided at \$120

Packages

- **Standard:** Four sessions.
 - \$600
- **Corporate:** Eight sessions.
 - \$1100
- **Executive:** 12 sessions.
 - \$1500

Styles and Types

- Bootcamp, yoga, Pilates, weights, HIIT, & circuit training.

