



# virtual corporate fitness

DANCE & TONIC IS PROUD TO PRESENT ALL NEW VIRTUAL CORPORATE SESSIONS, SO YOUR TEAMS CAN STAY FIT WHEREVER THEY MAYBE.



## you don't need to put your wellness program on hold...

WE'VE GONE VIRTUAL - ALL OF OUR REGULAR OFFERINGS ARE NOW OFFERED VIRTUALLY THROUGH VIDEO-CONFERENCING. WHAT'S MORE, OUR AUDIO AND VIDEO CONNECTIONS HAVE BEEN THROUGH MULTIPLE ROUNDS OF TESTING TO ENSURE THAT YOUR TEAMS HAVE A GREAT VIRTUAL FITNESS EXPERIENCE.

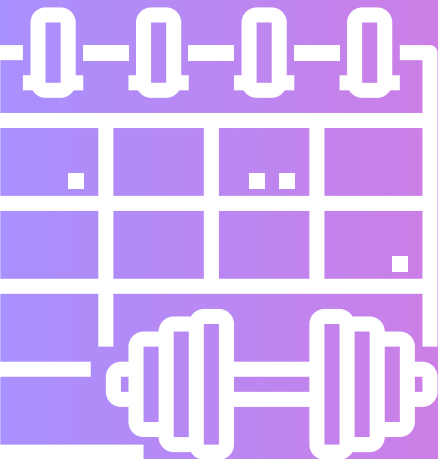
## 45 minute sprint classes, suitable for varying age groups and fitness levels

OUR CLASSES ARE DESIGNED SUCH THAT YOU CAN DECIDE TO WHAT LEVEL YOU WOULD LIKE TO EXERT YOURSELF. YOU CAN GO AS HARD AND AS FAST AS YOU WISH, BUT ONE THING WE ASSURE YOU IS THAT YOU WILL HAVE A BLAST WHILE DOING IT AND GET BACK TO WORK FEELING ENERGIZED.



## simple, honest pricing with flexible packages

WHETHER YOU JUST WANT TO TRY OUT A SINGLE CLASS OR SET-UP A RECURRING WEEKLY CLASS, WE'RE HAPPY TO HELP. WE OFFER TRANSPARENT AND AFFORDABLE PRICING STRUCTURES DEPENDING UPON THE NUMBER OF CLASSES YOU WISH TO OFFER AND THE NUMBER OF PARTICIPANTS WHO ATTEND.



## programs we offer

- ZUMBA FITNESS
- STRONG BY ZUMBA
- ZUMBA GOLD
- HIIT CLASSES
- BOLLYWOOD FITNESS
- YOGA
- PILATES
- KPOPX FITNESS
- OXIGENO
- MASALA BHANGRA



GET IN TOUCH TO GET A CUSTOM QUOTE. WE USUALLY RESPOND WITHIN 24 HOURS.  
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