



# corporate wellness

STAY CONNECTED WITH YOUR TEAMS AND ENCOURAGE AN ACTIVE LIFESTYLE BY MAKING US A PART OF YOUR WELLNESS PROGRAM. IN-PERSON OR VIRTUAL, WE'RE HERE TO SUPPORT YOUR TEAMS IN THE FORMAT MOST SUITED TO THEM.

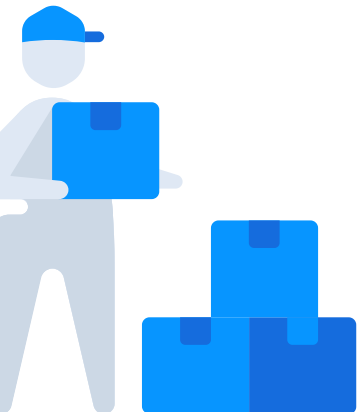


## we're here to help, in whatever format suits your team best

WE'RE HERE TO SUPPORT YOU IN THE FORMAT YOU PREFER, BE IT VIRTUAL OR IN-PERSON. WHILE VIRTUAL SESSIONS ALLOW FOR WIDER PARTICIPATION AND COLLEAGUES FROM OTHER REGIONS TO JOIN IN, IN-PERSON CLASSES ARE GREAT FOR ENERGY AND CAMARADERIE.

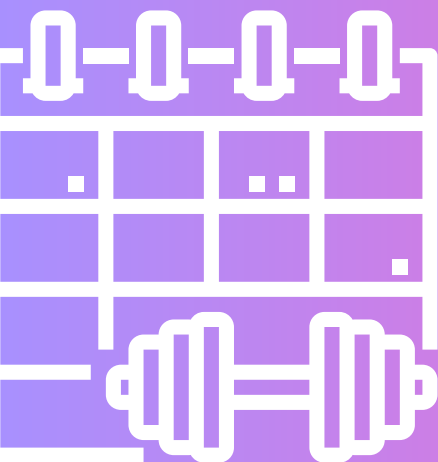
## something for everyone - suitable for varying age groups and fitness levels

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.



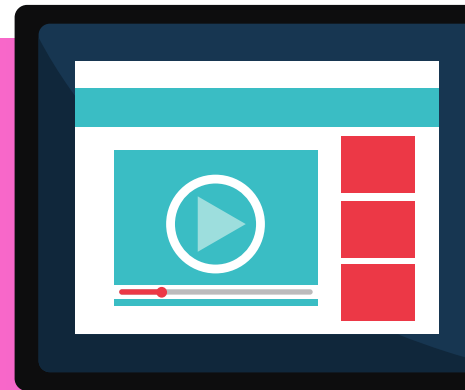
## simple, honest pricing with flexible packages

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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