

Corporate Wellness Workshop

At **Fit Bodies. Fit Minds.** we believe in developing a strong body and balanced mind in order to reach success in life and work. We want to better our community by offering programs, workshops and onsite fitness to workplaces in Sault Ste. Marie and the surrounding area. We appreciate the value of empowering our community through health and wellness and welcome the opportunity to share this passion with you.

Our goal at Fit Bodies. Fit Minds. is not only to help inspire people to move but to help improve overall wellness in the workplace so that workers are healthier which in turn will lead to increased productivity on the job.

We offer a variety of workshops that can be presented at the workplace for all employees. We can present on a number of topics, which will help employee's health and wellness in order to develop more efficient workers. We also provide onsite fitness and the opportunity for your business to privately rent our space at our studio if a location is not available onsite. All presentations, workshops and fitness will be tailored to meet the specific needs and can be offered in 45 minute or 1.5 hour time slots. Classes are 45 minutes in length. Pricing and topics can be discussed upon booking.

We look forward to hearing from you and the opportunity to help develop a strong body, balanced mind, and powerful life in your workplace!

Regards,

The Fit Bodies. Fit Minds. Team

WE INSPIRE YOU TO MOVE!

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