

Wellness Watch On-Demand

Monthly Seminars & Classes – 2026

Boost Employee Wellness with **GoodLife’s 30-minute On-Demand Monthly Seminars, 15-minute On-Demand Monthly Classes**
1 month of unlimited viewing for your team members

Seminars \$499.00 + tax each and Classes \$149.00 + tax each for 4 weeks’ recording access in both English and French	
July Available for the month of July, 2026.	Class: Fired Up 15 with Raquel Miller Join us for a 15-minute upbeat full-body workout designed to elevate heart rate, boost mood and power up your day.
August Available for the month of August, 2026.	Class: Restore and Flow with Léon Landry Gentle mobility work paired with intentional breathing, to release tension and reset your body and mind.
September Available for the month of September, 2026.	Seminar: Optimizing Sleep for Energy and Success with Nathalie Lacombe The crucial role of sleep, in managing fatigue, stress and well-being is the focus of this seminar. Learn evidence-based strategies to optimize our sleep patterns and cultivate resilience in the face of demanding schedules. From understanding circadian rhythms to implementing sleep hygiene practices, this workshop provides the tools we need to improve the quality of our sleep and thrive both personally and professionally.

- **Flexible:** Accessible 24/7, allowing all employees to learn at their own pace, with seminar handouts provided
- **Inclusive:** Content available in both English and French
- **Expert-Led:** Learn from Subject Matter Experts

Contact us for more information: workplacewellness@goodlifefitness.com