

Mind & Motion

Inspire healthier, happier workplaces with wellness resources that make a difference.



Pick, participate, and prioritize your well-being.

Select **ONE** Wellness Seminar
Or see Wellness Seminars List*

Select **ONE** Fitness Class
Or see Fitness Class List*

Working Smarter:
Productivity and Work-Life Enhancers
Wellness for Shift Workers
Thriving in the Hybrid Workplace:
Mastering Success and Wellness
Managing Stress in the Workplace

Yoga
Zumba
Stretch & Breathe
Workday Stretching

\$695.00 +tax
(savings of over \$100)

Seminar and class to be booked within 6 months of purchase.
Services (both seminar & class) can be facilitated in person or virtually.

Contact us to purchase now: workplacewellness@goodlifefitness.com

Ongoing offer between August 1, 2026 - November 30, 2026. Offer expires November 30, 2026.

GoodLife
WORKPLACE WELLNESS