

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	
<p>June</p> <p>Available for the month of June, 2026.</p>	<p>Seminar: How to fit Exercise Into Your Busy Life with Marie-Eve Ricard</p> <p>Exercise would be easier to do if we didn’t live in a society that has engineered physical activity out of our daily lives! Instead of finding excuses not to exercise, find reasons and opportunities to sneak in small bouts of exercise into things you already do in a day. Each step is in the right direction of health, weight control and well-being. This interactive workshop explores the common excuses and helps you find simple ways to build exercise into your already jam-packed life.</p>
<p>July</p> <p>Available for the month of July, 2026.</p>	<p>Class: Fired Up 15 with Raquel Miller</p> <p>Join us for a 15-minute upbeat full-body workout designed to elevate heart rate, boost mood and power up your day.</p>
<p>August</p> <p>Available for the month of August, 2026.</p>	<p>Class: Restore and Flow with Léon Landry</p> <p>Gentle mobility work paired with intentional breathing, to release tension and reset your body and mind.</p>

- **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