

FITNESS + WELLNESS SUPPORT FOR YOUR EMPLOYEES

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Fitness Classes

30-45 minutes

Ask about special rate pricing for four or more sessions



CLASS	Ask to see our comprehensive list to view all fitness classes.
Stretch & Breathe	Stretching and breathing techniques proven to reduce stress in the body
Freestyle Dance Cardio	Perfect for all levels of fitness: a fun, active class to get you moving and grooving
Yoga	Flexibility, mobility and core strength, leaving you feeling calm and centered.
Boot Camp	High-intensity interval training, combining cardio, strength training and athletic conditioning
Flex & Flow	Greet the day with balanced strength, postural alignment, flexibility and stronger core muscles. Have fun while improving range of motion and overall functional fitness
Workday Stretching	Stretches designed and tailored to help those that are working in manufacturing, retail, truck driving, office and many other jobs. Get a gentle stretching workout while keeping in mind correct posture and reducing stress.
Low Impact Interval Training	Using cardio and muscle-conditioning intervals, this low-impact workout will improve your cardiovascular fitness, core strength and agility

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Wellness Seminars

Approx. 1 hour

Ask about special rate pricing for four or more sessions



Healthy Cooking Demonstrations	Maintaining a Healthy Brain
Deskercise	Good Mood Food
Can't Stay Motivated to Workout?	Stress Management in the Moment
Optimizing Sleep for Energy and Success	Nutrition for Healthy Aging
A Healthy Season for Your Body and Mind	Working Smarter: Productivity and Work-Life Enhancers
Mental Health and Social Media	Healthy Eating on a Budget

Ask to see our comprehensive list to view all wellness seminar topics.

3 Nutrition Consultations

One-on-one personal consultations in 20- to 60-minute individual bookings

4 Ask an Expert

Get the answers you've always wanted from fitness or nutrition professionals. Make informed decisions about your health based on the most up-to-date expertise

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Onsite Massage: Chair or Roaming

Provides stress relief, tension release and muscle relaxation by a Registered Massage Therapist or Certified Massage Practitioner.

GoodLife is partnered with Lifemark for medical services such as Flu Clinics and Ask a Nurse. For more information or to book, email workplacewellness@goodlifefitness.com

Please note: The information provided by GoodLife Workplace Wellness is educational in nature and not prescriptive. GoodLife does not accept liability for any health condition as a result of its educational material. It is the individual's responsibility to make educated decisions and create their own course of action

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