

# Corporate Wellness Offerings

## Benefits of corporate wellness classes:

- Reduce stress levels
- Enhance productivity
- Promote employee bonding
- Improve Health
- Have fun!



Schedule your wellness class today- we come to you, or schedule a private class at our studio!

## Yoga

- ❖ Slow Flow Yoga: A slower version of a Vinyasa class (unites breath with movement), great for beginners.
- ❖ Chair Yoga: an adaptation of Hatha yoga that is practiced through sitting in a chair.
- ❖ Hatha Yoga: a gentle form of physical exercise focusing on the “asanas” or physical poses to enhance flexibility and mindfulness.

## Fitness

- ❖ Pilates: this class consists of controlled movements that help promote flexibility and endurance, build long lean muscles, and develop bodily control and awareness.
- ❖ PiYo: a class that blends aspects of both pilates and yoga; hence PiYo!
- ❖ Barre: an upbeat class for those looking to improve their tone, balance, and strength. These classes integrate pilates, yoga, and ballet for a satisfying workout experience.
- ❖ Country Heat: step right in to this easy-to-follow, country dance-inspired workout! No complicated moves. No memorizing routines. Simply follow along to enjoy the low-impact, cardio class!

## Dance

- ❖ Hip-Hop/Jazz Funk: learn fun dance combinations and experience a cardio workout in this class that is set to our favorite hip-hop and pop songs (we often use 80s and 90s music)!
- ❖ Irish Step (soft shoe): this class teaches the basics of soft-shoe Irish Step dancing, which will quickly get you up, dancing and laughing while learning the fun and social ceili dances!
- ❖ Bellydance: an engaging and diverse dance form with roots throughout the Middle East, North Africa, and the Mediterranean. It has the strengthening, calorie-burning benefits of all dances, but is lower impact.

## Other

- ❖ Wine & Yoga: any type of yoga class followed by a wine tasting (our most recent was held at Kalon Farm).
- ❖ Beer & Barre: a barre class followed by a beer tasting and other treats!



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