



Boot Camp

WHY IT'S BENEFICIAL

Strength training is a great way to motivate and challenge employees not only to improve their quality of life, but also to become more energized, engaged, and productive while at the office.

Here is a small sample of workouts offered, which can be conducted as individual sessions or group classes:

- Cardiovascular conditioning
- Functional training
- TRX Suspension Trainer / BOSU Balance Trainer
- Kettle bells, battling ropes
- HIIT (high-intensity interval training)
- Circuit training
- Sports-specific training
- Paddle boarding (off-site)

HOW IT WORKS

While it is optimal if the company has an in-house gym, a fitness facility is not required as there are infinite ways to work out using the weight of the body, exercise balls, battling ropes, and other easily portable items the trainer can bring to the office. The PT can introduce a variety of workouts and ways to stay active so that employees can discover which one(s) best meet their needs.

Zumba

WHY IT'S BENEFICIAL

Zumba features high-energy movements inspired by various styles of Latin American dance as well as belly dancing, flamenco, Bollywood, and African rhythms. It is performed to a mix of the following kinds of music:

Salsa - Hip-hop - Merengue - Samba - Soca

HOW IT WORKS

Zumba gets the heart pumping! Participants will definitely break a sweat while having fun in this active workout designed to move muscles most students didn't even know they had. It is the perfect late-afternoon or early-evening addition to any wellness program and promotes camaraderie among class members.

