

CORPORATE WELLNESS

Providing company wide talks, health consultation pop ups & bespoke group fitness classes

Online group fitness classes are a great way to help keep your employees physically & mentally healthy whilst working from home. Minimising long periods at the desk and keeping physically active for 30-60mins a day has been proven to help decrease stress, increase work productivity, develop good posture and reduce the risk of joint pain and injury.

Design a programme to suit your company's needs using the options below:

DURATION

- 30 mins
- 45 mins
- 60 mins

CLASS TYPE

- HIIT & Core
- Total Body Strength
- Backpack Strength
- Stretch & Mobility

CLASS TIMES

- Morning (7am - 11am)
- Lunch (11am - 4pm)
- Evening (4pm - 9pm)

Both 45min & 60min classes include a stretch/cool down

**"Lewis Paris Fitness has been energising Red Bull UK for 2 years now..
We all love and enjoy the classes every week!"**

- Red Bull UK

#PushingYOUtoGreatness