

EMPLOYEE WELLNESS PACKAGE

ACCOUNTABILITY
WELLNESS CHALLENGES
ON-DEMAND WORKOUTS



SOLE BOOT CAMP
STRENGTH + POWER
SPIN STRENGTH*
EVENING FLOW YOGA
SPIN*
CHAIR YOGA
HEATED FLOW YOGA

* CARDIO EQUIPMENT (BIKE, TREADMILL, ETC)

MKELEVATE

SOLE BOOTCAMP - Shoe optional 4 exercises that work specific muscle groups with yoga flow in between each set. 😊😊

STRENGTH + POWER - Sweaty, endurance building workout incorporating all your muscles. This class is ever-changing it will tone and strengthen your whole body. 😊😊😊

SPIN STRENGTH - A mix of spin and weights. Alternating between blood pumping cardio and weighted exercises. 😊😊😊

EVENING FLOW YOGA - Captivating flow that energizes your body just enough to make you feel good and settle you down for the evening. 😊

SPIN - Grab your home cardio equipment and get your sweat on. The music will make you want to move! 😊😊😊

CHAIR YOGA - Popular with anyone who wants more stability. Choose your level of difficulty, There are always options for modifying poses. 😊

HEATED FLOW YOGA - An invigorating flow that will generate heat to allow for a welcomed stretch. Come and energize yourself for the day. 😊😊

😊=SWEATFACTOR

*Cardio equipment required
(Bike, Treadmill, Elliptical, etc)

Employee Wellness Packages

SMALL

Up to 20 employees \$3000/year
Monthly pricing \$300*

MEDIUM

Up to 50 employees \$6500/year
Monthly pricing \$\$650*

LARGE

Up to 100 employees \$9000/year
Monthly pricing \$900*

(100+ call for enterprise pricing)

* Monthly pricing includes a 6 month commitment.

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