



1. Virtual Fitness Classes

30-45 minutes

Stretch & Release	Stretching and breathing techniques proven to reduce stress in the body
Yoga	Flexibility, mobility and core strength, leaving you feeling calm and centered
BODYFLOW™	The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm
Core Balance	Proper postural alignment, muscular strength, core strength and muscle balance
SH'BAM™	A fun and social workout featuring hot dance moves and popular hits. Perfect for dance-challenged beginners
Zumba	Latin-inspired dance-fitness, promoting increased circulation and positive energy
Boot Camp	High-intensity interval training, combining cardio, strength training and athletic conditioning

2. Virtual Wellness Workshops

Approximately 1-hour long

10 Steps to Improve your Fitness	Whole Wellness: Mood, Food, and Attitude
10 Easy Steps to Improve your Nutrition	Meditation and You
Brain Foods & Stress Solutions	Mindfulness: Mind-full or Mind-less
Good Mood Foods	Mind Health: Building Mental Resilience
Super-foods for Super Immunity	Stress Management in a Moment
Technology and its Impact on Health and Well-Being	The Power of Sleep: from A's to Zzzzz's

3. Virtual Nutrition Consultations

In this private 15- or 20-minute virtual session, employees can discuss their wellness goals and review lifestyle and dietary factors that impact health. Discussion will focus on at least one issue an employee is seeking advice for: current eating habits, efficient meal planning, healthier food preparation, diet trends, active lifestyles, pregnancy, digestive health, stress management. health, stress management.