



Customized fitness classes designed to meet the needs of your employees, in your workplace.

Benefits

Research has shown that workplace fitness classes boost:

- Morale
- Productivity
- Stress Management
- Alertness and Creativity
- Employee Retention

Fit@Work Classes

Our certified trainers offer more than 20 different types of fitness classes that are customized for your workplace

- ✓ Duration can vary (20-60 minutes)
- ✓ Flexibility to run class at any time
- ✓ Accommodates all skill & mobility levels
- ✓ Classes work within available space

Get Started Today! Call Robin Mech at
(905) 522-9922 x138

- Class schedules to work within your budget
- Monthly billing available
- Cancellation at any time with no penalty
- All trainers are fully insured

Can you afford not to?

“The average ROI for an employee fitness program is \$3.40 for every \$1 spent.”

www.workingwell.ca

