

ONSITE FITNESS CLASSES



Let's Get Moving!

Research shows that people are more likely to stay engaged and consistent when they exercise in a group setting. Shared energy, accountability and community drive stronger participation and better long-term outcomes.

At **Wellness Collective**, we design group fitness experiences that support employee well-being, increase engagement and fit seamlessly into your organization's culture.

Our classes are structured to meet a wide range of needs and fitness levels. Offerings are organized alphabetically by activity level: **Intense, Moderate** and **Low Impact**, making it easy for participants to choose what aligns with their goals and comfort level.

This approach ensures accessibility for all employees while encouraging ongoing participation and progression.

Ready to bring this to your team? Schedule a complimentary class to experience the impact firsthand. Contact us at info@wellnesscollective.com to get started.

transforming lives through health & happiness
wellnesscollective

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INTENSE

All Strength

Motivational music, support and guidance that incorporates a variety of multi-joint movements including squats, lunges, overhead shoulder press, push-ups and many more. Strengthen upper body, lower body and core using resistance bands, TRX, gliding disks, physioballs ... plus more!

Boot Camp

This extremely fun total body conditioning format focuses on using traditional calisthenics and strength training exercises using the body as resistance. We will increase strength and our overall calorie burn by incorporating power and endurance exercises. We try to take it outside, weather-permitting, to get a bit of fresh air and use our surrounding resources to our advantage! Again, all of the exercises can be modified for varying physical activity levels ... from beginner to expert!

Cardio JAM or Latin Cardio JAM

Dance your way to a healthier heart and lean physique while learning fun choreography – it's really more like a cardio party! We can add some Latin flavor and international music if you like. This cardio class energizes participants while providing great calorie burn and total body toning.

Cardio Boxing

No frills here! This class is a nonstop total body workout that encourages you to work at a high intensity. It concentrates on the use of core stability to develop good postures and internal muscular strength. The boxing movements, such as jabs and hooks, will give you an abdominal workout like no other! High repetition movements will be used to elevate your heart rate in order to develop a more efficient cardiovascular system, burn calories and increase the muscle tone of your arms, glutes, legs – everywhere! This fun-filled, easy-to-follow class will leave you wondering where time went and we promise you will have a blast.

Couch to 5k

Spring is coming early per the groundhog. What better way to start your spring and shake off winter blues than by training for a race with the side benefit of getting fit. This program is designed to help beginners get ready for their first 5k or maybe you lacked motivation this winter and need some incentive to get back out there. This class will focus on getting you ready in 10 weeks to jog or run a 5k. We will talk about everything from heart rate zones and running form to shoes. Experienced runners are welcome to join. This class will be held outside except for rainy days.

High-Intensity Interval Training (HIIT)

HIIT is excellent for its muscle-building and fat-burning benefits. All levels are invited to kick up their workouts up a notch with HIIT.

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Power Pilates

This class provides a full body workout including core stabilization from a traditional Mat Pilates class. The addition of small equipment and a faster paced flow provides new challenges. Despite this twist, Power Pilates is a low-sweat format, making it an ideal midday workout.

Power Yoga

This class is taught more like a fitness format with additional strength and endurance challenges for added intensity. Look forward to a full body workout with the additional benefits of a mind-body class.

MODERATE

Barre+

Join us for a mentally and physically challenging workout! Barre+ centers on toning and conditioning exercises used in yoga, Pilates and dance to create a long, lean physique. Look forward to a combination of barre-inspired exercises and floor work that will improve flexibility, core stability, muscle tone and balance.

Core & More

This fun total body conditioning format focuses on core conditioning using traditional calisthenics and incorporates additional strength training exercises using the body as resistance. The focus is on strengthening large muscle groups and in balancing the core muscles (abdominals and back). A strong core is essential for improved strength, power and balance.

This class promises to keep you challenged from week to week – and to remind you the next day that you did a little something!

Fitness Foundations

This class sets out to lay a foundation in each of the key areas of fitness. Look forward to tips and workouts for improving body composition and cardiovascular fitness, increasing muscular endurance and making strides in flexibility. A body that's balanced in each of these areas is less prone to disease, injury and boredom or frustration. Come and learn how to take your fitness to the next level.

This workout is ideal for beginners or those looking to revamp their approach to fitness.

Just Dance

Want to break a sweat, but hate the treadmill? We hear you! Come join us for a nonstop dance party where you'll learn all greatest line dances throughout the decades. Be prepared to break a sweat while learning some killer moves to take to that wedding or party next week!

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Mat Pilates

Pilates is an excellent full body workout focusing on core stabilization and spinal mobilization. Pilates is for everyone and can be used as a complete fitness program or to supplement your current exercise regimen. Prepare to sit taller, look leaner and connect with your core. Pilates also has the power to cultivate the pain-free body you have always wanted. In Pilates, your core musculature is benefited in strength, stability and endurance. You will learn to activate your core in both exercise and functional movement while simultaneously improving spinal mobility and health. This particular Pilates class focuses on “essential mat work” exercises as developed by Joseph Pilates.

Total Body Conditioning

This is a fun, challenging format that incorporates resistant band work and cardiovascular intervals. As with all of our classes, Total Body Conditioning is appropriate for all fitness levels. We will couple resistance training to build lean muscle and increase strength, with short bursts of cardiovascular work for maximum calorie burn.

Yoga Flow

Relax your mind and tone your body. This class teaches yoga fundamentals and uses the breath to flow through beginning and intermediate postures. Vinyasa style Yoga can be incredibly therapeutic and is a wonderful supplement to any exercise program as it serves to correct postural distortions, increase flexibility, improve awareness, teach good biomechanics and instill useful relaxation techniques. Prepare yourself to progressively learn asanas (postures / stretches), deep breathing and guided relaxation.

Yogilates®

This class is a fusion of two great formats: Yoga and Pilates. All exercises are welcome for this multi-level, mind-body class. Enjoy flowing between Yoga and Pilates exercises for stretch, strength, and core stabilization. Look forward to conditioning the entire body and relaxing the mind.

LOW IMPACT

Beginning Yoga

This class is ideal for those who have never tried yoga or are looking to review the fundamentals. No experience is necessary. Bring a friend and look forward to all the wonderful physical, mental, emotional and spiritual benefits you'll experience on your yoga path.

Chair Yoga

This class is ideal for those looking to learn seated stretches or for those who need a modified stretching routine. It is also recommended for those who cannot participate in a traditional yoga classes due to challenges in getting up and down off the floor. These simple stretches can be done anywhere and can greatly improve flexibility for the entire body. This 4-week series will also introduce basic breathing exercises and relaxation techniques.

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Meditation

Nurture (or reset) your nervous system with a gentle practice centered on mindfulness and meditation. Also, look forward to easy stretching exercises, aromatherapy and restorative postures.

Midday Movement

We bring movement to the department – either live or virtually – midday. No need to change clothes or relocate to a gym. When bodies move and stretch, blood flow and oxygen intake increase while endorphins start releasing – this literally wakes up the body and brain for improved focus, creativity and mood. Give us just 15 minutes to make the magic happen!

Relax & Release

Unwind from your week with gentle movement, restorative poses and a longer meditation experience. We promise you'll look forward to this weekly self-care ritual.