

Sculpt your Body

## Corporate Fitness Programs



Energize Your  
Workforce. Boost  
Your Business.







## WHY CORPORATE FITNESS?

Healthy, happy employees are more productive, engaged, and creative.

By integrating fitness into your corporate culture, you're not only investing in their well-being—you're investing in the success of your business.



Group fitness classes are the perfect way to encourage employees to get active, reduce stress, and build team camaraderie. At Sculptasse, we offer customized, flexible, and fun fitness solutions designed for the workplace. Whether it's a lunchtime HIIT session, an energizing yoga class, or a calming stretch after a long day, we have something for everyone.





## For Your Employees:

### **Boost Energy & Focus:**

Active employees are more alert and efficient, improving both their individual performance and team collaboration.



**Reduce Stress:** Fitness is one of the most effective ways to manage workplace stress, leading to happier and more balanced employees.



**Build Connections:** Group fitness fosters a sense of community, turning colleagues into friends and strengthening team dynamics.



**Improve Overall Health:** Regular exercise reduces the risk of chronic illnesses, helping your team stay healthy and minimize sick days.



## For Your Business:

### **Increase Productivity:**

When your team feels great, they work great. Physical activity enhances cognitive function and focus, leading to improved output.



**Enhance Company Culture:** Offering fitness classes shows you care about your team's health, making your company a more attractive workplace.



**Employee Retention:** A healthy and happy workforce is more likely to stay, reducing turnover and associated costs.



**Cost Savings:** Investing in wellness programs can reduce healthcare costs by promoting better overall health.





# Tailored Group Fitness Classes for Your Workplace

At Sculptasse, we offer a variety of fitness classes designed to meet the needs of busy professionals. Here are some of the classes we can bring to your office or virtually:



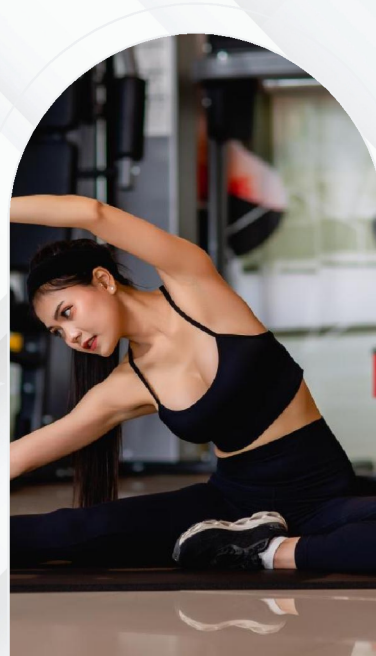
## HIIT (High-Intensity Interval Training)

Quick, intense, and perfect for burning calories and boosting metabolism in a short amount of time.



## Yoga & Meditation

A great way to unwind, reduce stress, and increase flexibility. Ideal for creating a peaceful and focused mindset.



## Strength Training

Build muscle, improve posture, and enhance overall fitness with resistance exercises.



## Cardio Blast

Fun, high-energy cardio classes that get the heart pumping, perfect for team bonding.



**Pilates** improves core strength, flexibility, posture, and overall mind-body balance for enhanced well-being.



# How We Make It Easy for You

## ◆ Consultation & Custom Plan

We take the time to understand your team's fitness levels and goals, creating a program that fits your workplace's schedule and culture.

## ◆ Flexible Scheduling

Our classes are available at times that work best for you—before work, during lunch, or after hours. We make it easy to integrate wellness into the workday.

## ◆ In-Person or Virtual

No matter where your employees are, we offer on-site and virtual classes to make fitness accessible for everyone.

## ◆ Ongoing Support

Our team will track progress and keep employees motivated with personalized guidance and wellness tips.







**HEALTHY**  
**WORKPLACE** = **HAPPY**  
**WORKPLACE**



**Let's Create a Healthier, Happier Workplace Together**

**Investing in your employees' well-being has never been easier. We'll handle the fitness details—so you can focus on growing your business.**

**Contact Us Today to Get Started!**

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