



Corporate Health & Wellness Program

Invest In Your Team and Start Achieving Growth Today

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Our Mission is to Inspire Growth

**soul
connexion**
dance · yoga · fitness



Overview of Health and Wellness Programs

Objective

Our objective is to help you create a sustainable working relationship with your organization by offering group health and wellness classes. This will motivate your team to experience a healthier life. Having inspired and focused team members will empower your company to succeed at all levels.

What a Wellness Program Can Do For Your Company

Organizations that invest in a preventative wellness program can reduce the risk of serious health conditions in employees and the high costs to an employer that are associated with it. Our wellness program encourages employees to maintain a healthy lifestyle that improves their physical health while focusing on mental health as well. Overall, this results in decreased sick leaves, increased productivity and creativity as well as higher levels of job satisfaction. Companies who have made the commitment to healthy living are experiencing many benefits of health and wellness programs and a positive ROI.

While companies may recognize the importance of investing in their people, very few allocate a sufficient budget to a health and wellness program. Investing in a wellness program now will save your organization more in the long run. Exercise, nutrition and wellness tips will allow your team members to experience individual and corporate satisfaction. When you invest in your employees they feel important and balanced. They achieve clarity in their personal lives and as a result, provide superior performance to your company.

Suggested Classes

In recent years yoga has become a popular form of exercise in the workplace, allowing individuals to achieve fitness results without all the sweat! Yoga has been found to reduce stress, increase focus, improve posture and detoxify the body leading to a happier more motivated employee. Giving your employees the tools to deal with stress in a healthy way means less sick days and a more efficient, positive workplace. Unlike some other forms of fitness that require equipment, all you need for yoga is a mat, comfy clothes and a positive attitude. This makes it a great fit for any work environment. The class will include yoga postures, breath techniques, and relaxation methods. It will work to strengthen your core, tighten your muscles and increase flexibility.

However, if your goal is to make your employees sweat (in a good way!), we have a variety of fitness classes to suit your needs. To get you started, we've put together 3 packages that include classes, wellness lessons, coaching and team building events. If the package route isn't for you, we can discuss other programs that can be customized specifically for your organization.



Wellness Packages

Inspirational Wellness: \$4,000

This is a great option to gradually introduce your team to health and wellness and evolve as a company. This small investment is the perfect way to get your team moving in the right direction and let them know you care about their personal wellbeing.

This package Includes:

12 Monthly, one hour classes at your location which will include the following components:

- 30 minute class: Bootcamp, Cardio, Core, Yoga, Zumba, Dance Fit, Aerobics and Tighten & Tone
- 15 minute informative lesson on a wellness topic relevant to your team's needs
- 15 minute question and answer period

Evolving Wellness: \$9,000

Experience the benefits of permanent and consistent growth that is measurable. When you invest in your staff, their performance improves and they add increased value to the company. By engaging in the evolving process of personal development through health and wellness, you will empower your team to reach sustainable levels of corporate excellence.

This package Includes:

- One Corporate Team Building Night: a 2 hour social event held at Soul Connexion Studio for 20 - 80 people, customized to suit your needs
- 30 classes at your location - 1 class every 2-3 weeks with the same format as listed above

Longevity Wellness: \$19,000

Set your company up for greatness by creating a culture of wellbeing. This in-depth program will enable your company to experience the many benefits of health and wellness, goal planning and focused team building. Taking the time to invest in your team will empower them to reach new levels of success and create employee engagement on a whole new level.

This package Includes:

- Two Corporate Team Building Nights at Soul Connexion (20 - 80 people) - 2 hour social event
- 60 classes at your location (1 class every week or 2 classes per week) with the same format as listed above
- 10 Goal Coaching Sessions: These sessions can be rewarded to any of your employees for a job well done. Enjoy the benefits of having satisfied and invested leaders that can reach new levels of success.



Additional Information

Added Value

If you book one of our wellness packages your employees will receive 20% off of multiple drop-in class passes and registered programs at Soul Connexion. This will encourage your employees to continue their personal health and wellness goals outside of the workplace, providing even greater benefits of balance and stress relief on an ongoing basis.

Dedication

Time and consistency are required to achieve growth. Team members who are ready for change and are dedicated to working on their personal and professional lives will succeed in a health and wellness program.

Customization

Soul Connexion can customize a program that is best suited for your company in a time efficient and economical matter. Like anything, the more you put into a program, the more you will get out of it.

Payment

A 50% deposit is required at the time you select the package that works best for you and the remaining balance is due upon the completion of the contract. The classes must be used within one year.

*GST is added to all prices and cheques are payable to Soul Connexion.

If you do not wish to purchase a package you may book any of the programs at the following rates:

On-Location Group Health & Wellness Classes - \$250/hour

Personal Goal Coaching - \$100/hour

Corporate Events - \$1200-\$1700 /night: includes 1 hour class and 1 hour team building event at the studio

Confidentiality

All information provided and received will be held confidential and not shared with third parties. The materials used in the sessions belong to Soul Connexion and shall not be reproduced or copied. Each team member in the program will receive full course materials for individual use only.

Delivery of Programs

- On-site classes can be taught Monday - Friday 10:00 a.m. - 5:00 p.m. based on availability
- Corporate Team Building Sessions are offered on Friday, Saturday & Sunday Nights at Soul Connexion
- Individual Goal Sessions are offered Monday to Fridays from 9:00 a.m. - 5:00 p.m. based on availability
- Classes will be taught primarily by Cindy Jones. In the event she is unable to attend, another qualified instructor will teach the class.

Background of Cindy Jones – On Site Instructor with Soul Connexion

Cindy is a certified fitness and yoga instructor that understands the work life balance. She is committed to helping her clients reach their fitness goals by teaching training techniques and creating a balanced lifestyle. As a former registered massage therapist and a Certified Personal Trainer from Mount Royal University, she understands body movement, as it relates to the daily needs for form and function.

Cindy has been a fitness competitor and attained Pro Fitness Status; she has competed provincially, nationally and internally. Our environment has given her the opportunity to experience firsthand the successes of what a winning, tailored training program can do. She will take you out of the workplace and step onto a yoga mat to recharge, unwind and rejuvenate.

Background of Soul Connexion

Soul Connexion is Calgary's only dance, yoga and fitness studio, which provides classes for all ages and abilities and is situated in North West Calgary. Soul Connexion currently serves corporations and the school districts providing onsite instruction. The Founder, Cara Poppitt has been working with teams and companies, training as well as developing fitness programs for the past seven years. Cara holds a Bachelor of Commerce and Bachelor of Arts in Psychology focusing on health psychology from the University of Calgary. She has experienced success in the fitness industry and founded two businesses (Beat It Dance and Soul Connexion).

Next Step

Call us at 403 567 0070 or send us an email at office@soulconnexion.ca to book a program for your team.