

At FitPros, there's a whole-lotta workplace goodness happening.

Our **Health Talks** cover everything wellbeing: Money & Mental Health, Building Inclusive Cultures, Making Mindful Food Choices While Managing Stress, plus other meaningful topics like Parenting, Ergonomics, Sleep, and Leadership.

Open Enrollment season is here! Let us plan the perfect Wellbeing Party a.k.a. your **Health Fair**. Make showing off your company's benefits fun.

Looking to drive **Social Engagement** with your team? We offer Cooking, and Mixology classes, virtual Murder Mysteries, Painting, Trivia, Mindful Succulent Potting, and even Magic Shows—invite the kids!

Fitness, you ask? Physical movement is in our DNA. Yoga, Zumba, Boot Camp, Meditation, it's all here.



FitPros is a certified Women Owned Business led by our fierce Founder and CEO, Lindsay Johnson.

Read about her journey building FitPros >

Free Session

New groups to FitPros receive a free meditation session (a \$200 Value).

[See Our Rates >](#)

Personal Attention & a Lot More

A dedicated Client Success Manager guides your process from start to finish, our programming dashboard keeps your goals on track, and we provide marketing support to help engage your staff.

[Watch our Overview Video >](#)

Spend More, Get More Back

Spend \$10k or more and you'll get a 10% credit on future sessions that you book.

[Watch our Promo Video >](#)

