

Bring LIVE Streaming/On-Demand or Onsite Classes to Your Employees with Culture Of Fit's Complementary 4-week Pilot Program



Culture Of Fit is a leading national and global provider of corporate fitness, yoga, meditation and run/walk programs

With over 15 years of experience, **Culture Of Fit** brings innovative class experiences directly to your onsite and remote employees. Classes are delivered at your offices, nearby outdoors or digitally via LIVE streaming/on-demand. We make classes more accessible which allows your employees to reap the health benefits, and helps create camaraderie amongst colleagues.



Cardio



Strength and Stretch



Yoga



Mindful Meditation

Start With Your Complimentary 4-week Pilot Program:

Choose from our several on-trend and innovative classes and programs. Classes are designed for employees to participate with ease from work or home, open to all experience levels, and customized to meet needs.

Pilot Program Includes:

- 2 classes per week up to 60 minutes in length
- LIVE streaming class program includes on-demand class video replay available to your employees for one week after each LIVE class
- Pre-Program survey, program setup, staffing, liability coverage, marketing, online enrollment, complete program management and support
- Weekly Engagement Reports, Feedback Survey and a Wellness Report

CULTURE OF FIT

Interested in learning more?
Contact Serena Puerta at 917-864-8205 or serena.puerta@cultureoffit.com