



Ten Spot SERVICES

Ten Spot's services are designed for the modern workplace experience. Our programming is facilitated by experts who are passionate and knowledgeable about how to virtually engage with participants. Ten Spot offers these community-driven classes, events and experiences in five fun categories. With an inclusive range of options, from guided meditation to bread baking, every person on your team will benefit. Following are a few of our most popular sessions.

MOVE

Yoga

Stop, drop, and flow with Anna Farkas, a yoga instructor and adventure lover, who shares health through mind, body and spirit events. Quiet the mind, focus on the breath, and strengthen your body in this popular yoga flow class.

Strength and Sculpt

Shift your body into high gear through an intense muscle endurance workout, using the power of your own body for lunges, squats, crunches and more. Taught by Heather Parrish, fitness instructor and entrepreneur.

play

Mixology 101

Award winning mixologist, Cody Goldstein of Muddling Memories, hosts a "virtual" Speakeasy Happy Hour. Together, participants create signature cocktails while Cody provides tips and tricks for becoming an at-home mixologist. We provide

the list of ingredients beforehand so you can come prepared, but Cody also offers suggested substitutions and alternative cocktail ideas based on what guests have on hand. This highly interactive and engaging class feels low-key and approachable to any participant.

Date Night (in) Glam

Learn how to do "full face" makeup for a date night IN during quarantine! Tune in with Samantha Roxany, a professional make-up artist, for tips on what products to use and how to work with the products you've got.

Chill

Meditation

This meditation session with Lindsey Gaterman, a fitness instructor, wellness writer and public speaker, will help you reduce stress while learning the practice of mindfulness to focus on the present. Lindsey loves teaching people how to find joy in the life they're living.

Live Music with George

Enjoy this live, 60 minute set with

George Krikes, a California-based musician, singer/songwriter, producer and composer. His band, King Washington, has toured the country numerous times opening for Arctic Monkey, Collective Soul, Ambrosia and more.

eat

In the Kitchen with Brittany

Join Brittany Hampton, a fashion designer and TV personality, as she reveals her secrets to staying conscious of what you're eating and having fun cooking healthy. In this session, participants cook along with Brittany as she creates a Butter Sauvignon Salmon dish. An ingredient list is provided prior and the recipe is available after the event.

Baking Focaccia Bread

Join Julian Plyter, an experienced pastry chef who has worked around NYC and loves preaching food, as he makes his signature Focaccia bread. Focaccia is perfect for a novice baker to learn. It tastes great, is almost limitlessly versatile, and is very photogenic! An ingredient list

is provided prior and the recipe is available after the event.

THRIVE

Understanding the Enneagram

Fitspot's most popular expert, Kristianna George, is a certified Wellness Coach who helps attendees learn about the 9 types of personalities, including their challenges and strengths. You'll leave with a better understanding of how to work well with others in all relationships and how to spot when someone is at their healthiest or their unhealthiest.

How to Declutter Your Mind and Space: 10 Powerful Tips

Michaela and Zoe, founders of Twice as Organized, are two sisters who are expert organizers. During this 60 minute class, they share powerful tips to help you through these difficult times, including how to recreate your space into a calming zone and promote feelings of accomplishment, joy, and ease.

Get Started with Ten Spot

Join us as we make way for the future of workforce engagement all in one spot.

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