

CORPORATE FITNESS

With The Beat Studio



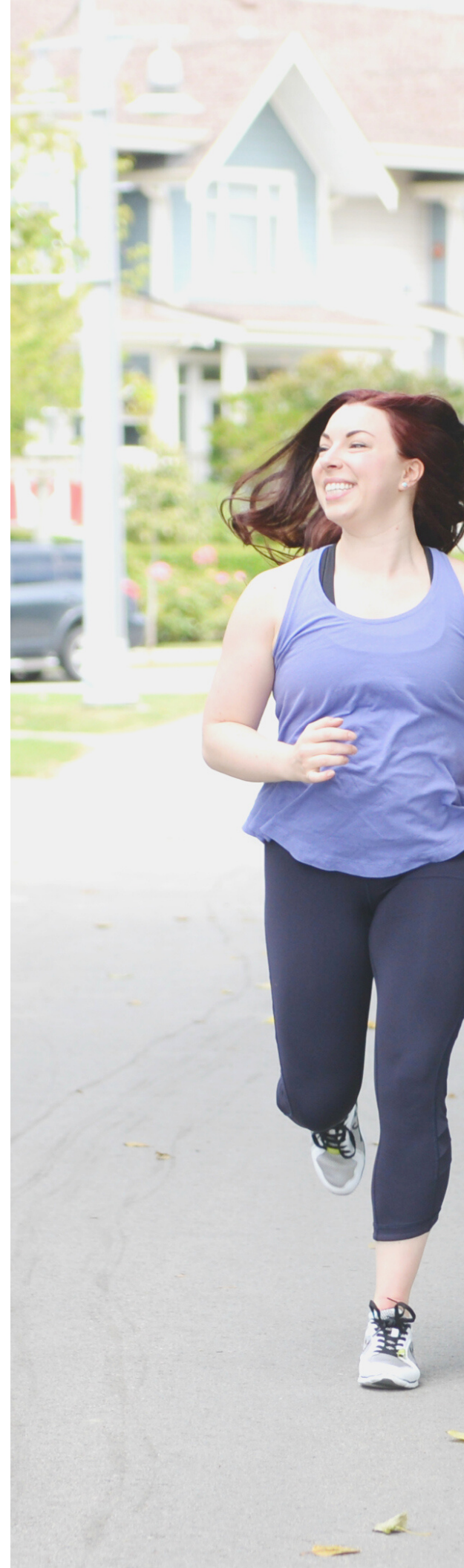
2024 CORPORATE FITNESS OFFERINGS -THE BEAT STUDIO

The importance of physical activity

The Canadian Physical Activity Guidelines recommend that adults "accumulate 150 minutes of aerobic physical activity per week" as well as muscle and bone strengthening activities at least two days a week. **We all know that it's good for us, but sometimes our busy lives get in the way.**

As workplaces transition back to the office, encouraging a healthy work-life balance is important. Making it easy for employees is critical for getting your team on board to return to the office.

Bringing group fitness into the workplace is a great way to help meet these guidelines and give your staff a reason to come back from remote work. Wellness programs in the workplace help reduce health care costs, time spent away from work due to illness or stress, and increases productivity & job satisfaction.

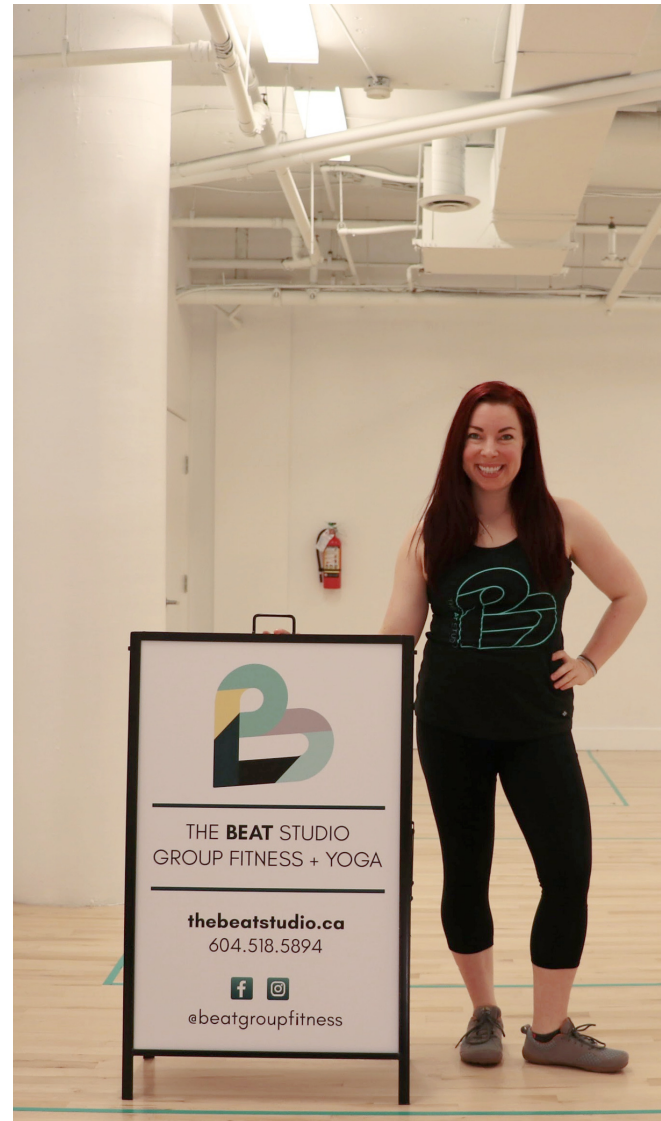


About The Beat

The Beat Studio has been providing on-site corporate fitness classes since 2019. Its founder Jill Nadon has taught group fitness since 2009 and loves to help people become more active. After working as an engineer and teaching fitness classes in her free time for seven years, she left engineering to pursue her passion in fitness.

The Beat Studio opened a studio location in Sept 2020, and restructured in 2023 into an on-demand studio to better meet clients' scheduling needs, as well as hosting live online classes and in person workshops. Offering corporate wellness classes is still a large part of our operations and we can't wait to get your staff moving!

Our mission is to get people moving in a fun, safe, and effective group environment. As adults, we get so busy with life that we forget that making connections and having fun is what it's all about!





BRINGING FITNESS TO YOU

What does it look like?

We learn about your staff & their needs, and then match you with an instructor. The same instructor will work with your group weekly, allowing them to form a relationship with your team. The instructor will lead multi-level classes offering options and modifications based on the individuals in the class, allowing them to work at their own pace.

What does it look like for staff?

Classes are typically drop-in style, and the only prerequisite is that individuals complete a health questionnaire and waiver before their first class. Depending on the space, there may be a maximum number of participants who can join. In these cases, it's up to you to determine how people reserve their spot. We will work with you to determine the room capacity to ensure safety and comfort of the participants.

When can we book?

The studio will match you with an instructor based on the class format you select, and your day and time preference. We suggest choosing a regular weekly time that works for your staff. Classes can be scheduled to start between 8am and 6pm, Monday to Friday.

What formats do you offer?

We have four primary class formats that we suggest for corporate groups. These are described in more detail on the next page. If your organization is unsure about what class format to choose, we offer a sample package where you can book one class of each style to try them out.

What kind space do we need?

Space requirements vary based on the class format you choose. Some classes like yoga or barre can be done in small meeting rooms or weight room facilities, and other classes like Repeat (similar to a 'bootcamp') require more space, and suitable flooring. We will consult with you to find the right class for the space you have available. We've worked with clients in auction lanes, meeting rooms, weight rooms, and occasionally outdoors too!

How much does it cost?

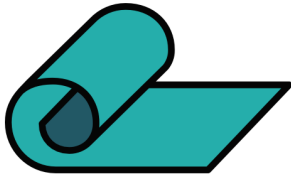
Rates vary depending on number of classes per week and contract length. Class format, duration, and number of participants **do not** affect the price. Classes can be anywhere from 30-60 minutes in duration.

FORMATS



BARRE

This class uses small, repetitive movements to train the body like a dancer. This low impact workout focuses on the calves, hamstrings, glutes & core!



STRETCH & MOBILITY

We now offer this class instead of yoga. This class is focused on strengthening, stretching, and breathing, in an inclusive all-levels style tailored towards your employees.



REPEAT

Repeat is an interval class to push your training edge & fine tune the body. Combining cardio & strength is perfect if you're tight on time or want a little bit of everything!



RESOLUTION

Resolution is all about getting strong! Working with bodyweight or added resistance, you'll dig deep to push to the finish line.

RATES

All rates are per class, with one session per week. Rate is independent of class duration, format, and number of participants.

SINGLE CLASS	\$165
8+ WEEK CONTRACT	\$110/CLASS
6+ MONTH CONTRACT	\$100/CLASS

SAMPLER PACKAGE **\$500**

Not sure what class format your organization would like? With this sampler package, you get one of each class format - Barre, Resolution, Repeat, and yoga over 4 consecutive weeks.

All prices are subject to GST

ADDITIONAL OPTIONS

If you're looking for more flexibility, please reach out to us about the following additional services.

ONLINE CLASSES

The Beat has invested heavily in technology during the pandemic to offer great classes via video conferencing. For teams that are still remote and working from home, we can provide virtual services.

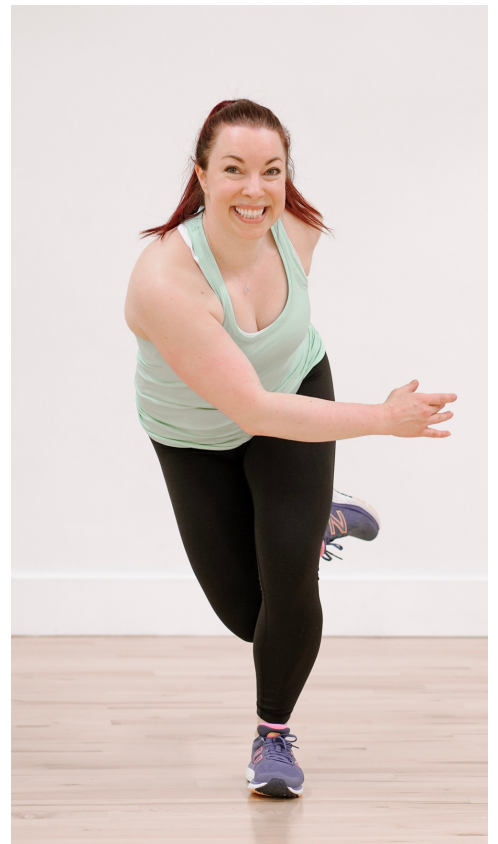
MULTIPLE CLASSES PER WEEK

Whether the interest in classes out weighs the available class spots, or your team wants yoga on Fridays but strength training on Mondays, we have special rates to accomodate multiple classes a week.

CORPORATE MEMBERSHIP DEALS

The Beat runs an online, on-demand fitness service in addition to offering private corporate classes. With a contract, your employees are eligible for 50% off their first month of an online subscription. Please reach out for details.

Ready to add corporate fitness to your workplace?



Get in touch to discuss dates, times, and availability!

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 /beatgroupfitness