

Elite Pro Wellness Corporate Fitness Program

Our corporate fitness program is designed to promote physical fitness, mental well-being, and overall health among employees. We offer a range of fitness classes, personalized training sessions, and nutrition counseling that are tailored to meet the unique needs of your employees. Our program can be customized to fit your organization's schedule and preferences, whether it's onsite classes, virtual sessions, or a combination of both.

By implementing our corporate wellness program, your employees can benefit in several ways. Here are some of the advantages:

- **Increased Employee Engagement:** Regular exercise and wellness activities can improve employee engagement by reducing stress, increasing energy levels, and boosting overall job satisfaction.
- **Enhanced Employee Health:** Our fitness program can help employees improve their physical health, leading to fewer sick days, lower healthcare costs, and improved productivity.
- **Improved Team Cohesion:** Participating in fitness classes and wellness activities can foster team spirit, camaraderie, and collaboration among employees, creating a positive work environment.
- **Talent Retention and Attraction:** Offering a comprehensive wellness program can help attract and retain top talent by demonstrating a commitment to employee well-being and work-life balance.
- **Cost Savings:** Investing in employee wellness can result in long-term cost savings by reducing absenteeism, turnover, and healthcare expenses.
- **Costs:** We are excited to offer our corporate fitness program to businesses in the area, with sessions priced from \$125-\$225 each with Invoices due bi-weekly. Our programs are designed to improve the

health and wellness of employees, without any contract commitments.

- **Class Length:** Our corporate fitness classes are designed to be efficient and effective, with each session lasting between 35 to 45 minutes. This allows employees to get a great workout while still having enough time to transition back to work. We understand the importance of productivity, which is why our program is designed to maximize employee wellness without sacrificing work time.

- **What's Included:** Our comprehensive wellness program includes a range of services designed to help employees achieve their fitness goals. Our fitness program is designed to cater to employees of all ages and fitness levels, providing a welcoming and inclusive environment for everyone to achieve their health and wellness goals. Along with challenging workouts, our program includes regular weigh-ins, measurements, and nutritional plans to help employees track their progress and make sustainable lifestyle changes. Our experienced Master Trainer, Shawn Miller, with over 20 years experience is dedicated to supporting employees every step of the way providing personalized guidance and motivation to help them reach their full potential.

- **Additional Perks:** As a valued corporate fitness client, you can enjoy exclusive perks beyond our fitness program. Our physical location is in North Dallas where in addition to personal training, we offer a wide range of beauty and skincare services. You will receive a special discounted rate of 20% off the regular prices for these services. This is just one way we strive to provide full wellness solutions to our clients.

- **How to get started:** We're thrilled that you're interested in joining our corporate fitness program. To get started, the first step is to decide how many days per week you would like to participate, and then choose the best days and times that work for you.

Contact us directly at 214-664-6409 or eliteprowellness@yahoo.com to begin your journey to a healthier and more active lifestyle. We can't

wait to help you achieve your wellness goals with our corporate fitness Program.

Contact Information:

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