



Laptop Fitness Sessions

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: With the future of work becoming more disrupted, engaging your distributed workforce with health and fitness is key to maintaining employee wellbeing.

Designed for employers with a substantial remote or distributed workforce, these sessions offer a full body workout, and sessions to keep the body and mind rejuvenated.

Book weekly classes for live engagement, and upload recorded sessions on your employee wellness portal for continuous improvement.

In times of stress, fitness is a great way to boost mental wellbeing.

Bespoke sessions are available for:

- Lower Back Workouts
- Energy Boost
- Truck Driver Workouts
- Daily Stretch Exercises
- Flexibility & Mobility
- Posture Workouts
- Body Fat Demolition

Connect with WORKBLIS to discuss requirements - hi@workblis.com