

DW FITNESS FIRST WELLNESS EVENTS

POSTURAL WORKSHOP

£149 per workshop

Help your employees go further in life, and in the office.

Our specialist team will deliver a 40 minute standing workshop on postural weakness, linked to prolonged hours of sitting and physical inactivity. The educational workshop will identify common restrictions and movement solutions that employees can perform in the office, at the gym and around the house, to reduce absence days lost in your office due to musculoskeletal problems.

NUTRITIONAL SEMINAR

£129 per workshop

A 40 minute, interactive wellbeing seminar covering Fitness First's top 20 tips on exercise and nutrition, inspiring your employees to get active, stay active and improve performance to live healthier, fuller lives.

The workshop will round off with an open Q&A session to provide each employee with a new goal, habit or lifestyle change that they can implement from the moment they get back to their desks.

CORPORATE CLASSES

Please see class menu for prices

Offering a variety of exclusive classes outdoors, in your office or in our clubs.

With an extensive class menu, employees can try a mix of Fitness First Signature Fitness classes such as SHRED and Freestyle Group Training or Pilates, Yoga and Thai Chi with a Les Mills Body Balance class.

Our fitness professionals can run one-off or weekly sessions varying in formats to appeal to all employees. These can be tailored to their workout goal, building team cohesion and improving employee engagement across your workforce.

5 POINT HEALTH CHECKS

£25 per assessment

Personal health assessments can help to reduce healthcare costs as well as help you and your employees manage their current health status. Health assessments can help provide a snapshot of your employees current health, to encourage them to adopt a healthy lifestyle and to help employees monitor their own health.

The 5 point health check will measure:

- Blood pressure • Resting heart rate • Grip strength
- Lung capacity (peak flow) • Body fat percentage

