



## **Corporate Health & Wellbeing**

### **OUR MISSION IS TO INTRODUCE & PROVIDE MORE OPPORTUNITIES TO IMPROVE HEALTH AND WELLBEING FOR THE MANAGEMENT & STAFF OF YORK BUSINESSES**

Your Staff Health and Wellbeing is very important to having a Healthy, Fit, Productive and Stress Free workforce and we are on a mission to help you with this!

The classes, workshops and retreats we provide can help support your workforce's Health and Wellbeing with our specialist instructors and classes we offer.

To reach out to your staff and help give your workforce a taster of classes/activities we have available, we are offering 5 x FREE Monthly Taster Classes either at your site if you have appropriate space available or we can host them from our Rawcliffe based studio.

The monthly tastings can be at the same time each month or if you have shift workers we can run on different days/times each month to give everyone the opportunity to try the sessions.

We rotate the session type each month showcasing 5 different class/programme styles

- **Group Personal Training**
- **Zumba**
- **Barre Toning**
- **Yoga**
- **Pilates**

All sessions will be suitable for all ages, levels of fitness and ability we will provide you with pre-exercise screening forms prior to the session for staff to advise of any specific injuries, health or medical information that we need to know about.

In return for us providing these free monthly tastings all we ask is for you to promote our exclusive Corporate memberships and discounts of our services to your team through the display of our posters in staff areas, via team meetings or internal email mail outs. We will provide all the posters and information to filter out to your team.

### **Exclusive Corporate Membership & Discounts available**

- Platinum Studio Membership – Includes unlimited access to our Group Exercise, Yoga & Pilates Classes each month and is based on an initial term of 3 months and then month by month.

**Normally £57.00 p/m Corporate Price - £47.00 p/m**

- Group Exercise Membership – Includes unlimited access to our Group Exercise Classes each month and is based on an initial term of 3 months and then month by month.

**Normally £45.00 p/m Corporate Price £35.00 p/m**

**If your staff are looking for a more Monitored and Personally Tailored Health and Wellness Programme, we offer Group personal Training Courses - 4 Week Kickstart & Transform in 12 Month Programme. Your staff can also access exclusive corporate discounts to this programme too.**

#### **What is Group Personal Training**

- One to One Goal Setting & Welcome Session
- Weekly Highly Effective Fitness & Fat Loss Workouts
- Access to early morning, Mid-morning and evening session's, we run 12 Group Personal Training Session's each week at various timeslots at our Rawcliffe Studio.
- Fit Food Recipe eBook for Meals ideas
- Group Personal Training Manual
- Weekly Support & Monitoring to keep you on track
- Private Facebook Group PT Members Group
- Guaranteed Results

**4 Week Kickstart – Normally £97.00 Corporate Price £87.00**

**Transform in 12 Months – Normally £67.00 p/m over 12 Months, Corporate Price £57.00 p/m over 12 months.**

#### **Bespoke Corporate Health & Wellbeing**

We can also provide regular weekly classes or group personal training at your location. This will be priced based on the frequency, type and length of the session's you would like to offer. To discuss options and find out more please email

[Debbie.jenkins@millfieldfitness.co.uk](mailto:Debbie.jenkins@millfieldfitness.co.uk)

## **Retreats, Workshops and Team Building**

Through our sister company The Health and Events Company we also provide 3-5 Day Fitness, Yoga, Pilates & Wellbeing Retreats from our resident location 'Deighton Lodge' or 2 Hour to Full Day workshops from our Studio in Rawcliffe.

Our Retreats and Workshops mainly feature Fitness, Nutrition, Yoga & Pilates Workshops but we also offer Holistic Treatments and include guest Instructors or Coaches covering various Health & Wellbeing Subjects.

As a Corporate Partner you and your staff can also benefit from 10% off your place on our retreats or Workshops in 2018/19.

For more information about our Retreats and Workshops please see attached information or visit [www.thehealthandeventscompany.co.uk](http://www.thehealthandeventscompany.co.uk)

### **Bespoke Corporate Retreats and Workshops**

Would you like us to host a bespoke Health & Wellbeing Workshop or Retreat for you and your Staff?

We can host Retreat/Residential Team Building Weekend/Week and provide a variety of Group Fitness, Yoga, Pilates, Nutrition & Wellbeing workshops either from Deighton Lodge, Barmoor House, Your Preferred Venue or for Day Workshops at our Studio in Rawcliffe.

The programme for these type of weekends/weeks can be are very similar to our Retreats and Workshops or we can plan a more specific, tailored programme to suit your Staff Health & Wellbeing aims.

Please see our Retreat and Workshop Information Brochures, our information is also listed on our website at [www.thehealthandeventscompany.co.uk](http://www.thehealthandeventscompany.co.uk) or contact [debbie@thehealthandeventscompany.co.uk](mailto:debbie@thehealthandeventscompany.co.uk) to discuss your requirements and receive a bespoke provisional plan & quote for your event.

### **Typical Activities and Workshops Offered on Retreats or Day Workshops**

- Fitness & Group Personal Training
- One to One Fitness, Yoga or Pilates Coaching
- Group Yoga Workshops
- Relaxation & Meditation for better sleep and reduced stress
- Pilates for Healthy Back, Stronger Core Muscles & Improved Mobility
- Nutrition, Meal Planning and Healthy Eating Workshops both Practical & Theory Workshops available
- Natural herbal remedies for good nutrition and homemade skin/body care remedies
- Positive Mindset and Motivational Coaching
- Reiki, Beauty & Holistic Treatments/Workshops
- Group Outdoor Walking or activities to get your staff active and calm the mind
- Our Residential Retreats also include lots of time to relax, unwind in quiet surroundings and at our Deighton Lodge location there is also a Hot Tub for attendees to use during their stay.

***Debbie Jenkins & Lucy Nickson***

Company Directors

Millfield Fitness Studio's LTD & The Health & Events Company LTD