QUARTER 2

1 TOTAL WELLNESS + 3 FITNESS WEBINARS

6 SECRETS TO A FLATTER TUMMY:

Infomercials want us to believe that in just six minutes per day and two payments of $19.95, one exercise contraption can tighten, tone, and tan our dream midsection. The reality is none of this is possible with a one-dimensional approach. Learn the tried and true complete game plan to flatten your tummy!

APR

NO SWEAT WORKOUT:

Are you someone who wants to workout during the workday without scaring off your coworkers with that post-workout sweat and smell? This webinar shows you how to exercise for strength through isometrics and proper breathing techniques to manage heart rate.

MAY

FAT BURNING WORKOUTS:

Spending hours on boring cardio machines is a thing of the past. Recent studies shows that shorter, more vigorous workouts can give us better results with less exercise. Come see how we can boost our fitness level, burn more fat and scorch calories in only 20 minutes!

JUN

STRETCH BACK TO LIFE:

One of the troubling consequences of sitting is that muscles shorten and tighten to adapt to spending so much time in this position. Short and tight muscles are the culprits of low energy, joint pain, stiffness and declining aesthetics. It's time to stretch back to life!