



“Move Your Body!” is a fun and effective program. We have a variety of movement classes for all levels of fitness. Our fitness instructors are CPR-certified, fully-credentialed and are trained to safely conduct group fitness classes. Classes include yoga, dance (everything from salsa to hip-hop), Pilates, strength training, and core conditioning. Classes are offered in 8-week sessions and are designed to run year-round. The program can be initiated by employee or employer and funded by individual or corporate budget.

Move Your Body! Basics - Have you ever wanted to start an exercise routine but were afraid of hurting yourself? If you said yes, “Move Your Body! Basics” is your answer. You will learn how to squat, lunge, bend, twist, push and pull with proper form as well as how many repetitions and sets are appropriate for you. Working out can be fun and pain-free, so join us today! Appropriate for all fitness levels.

Move Your Body! Boot Camp - Time to get up and move, blast the calories, sweat, and have fun! Come enjoy 60 minutes of non-stop moving action with “Move Your Body! Boot Camp”. For intermediate to advanced levels.

Cardio Blast - Improve your cardiovascular fitness with cardio interval training. This class is proven to shed those unwanted pounds while strengthening your heart. Can it get any better than that? Appropriate for all fitness levels.



Pilates & Core Crunch Time - Throw away the spanks and girdles! This class is the answer to a tighter stomach and stronger back. That’s the best of both worlds! Appropriate for all fitness levels.

Cardio-Salsa Dance - Add a little fun to your work day while improving your overall fitness and muscle tone with our “Cardio-Salsa” dance classes. “Cardio-Salsa” is a low-impact but high-intensity workout combining precise, fast-paced Latin choreography (merengue, mambo, cha-cha, samba) with traditional aerobic dance steps. Much of the action is centered on the glutes and core. A must for anyone who likes music and fun!

Yoga - Whether you are looking for an inner glow and outer radiance or a challenging workout, yoga can provide you both, depending on how deep you choose to go into a pose. Classes include energizing exercises, deep relaxation, flexibility and inner core strength. Comfortable clothing, a yoga mat, water and a towel are all you need!



Walking / Running Programs - If you are interested in joining an existing walking/running group or set one up yourself at your place of business or neighborhood, we can help, even if all you need to get started is the motivation! Our programs can be adapted to any levels and age groups and will provide you the tools for a successful work out and keep you energized, toned, motivated and injury-free.

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