

## Corporate Fitness

Here are just some of our corporate clients:

- MediaCorp
- Dennis Wee Realty
- Hort Park
- Raffles Girls Secondary
- Daiwa Securites
- Mad Learning

For all health-conscious employers with at least 30 employees, have you heard about the Workplace Health Promotion Grant provided by the Health Promotion Board (HPB), Singapore?

Being a service provider listed under the HPB and Singapore Sports Council, Physique 360 is glad to share that to encourage organisations to start and/or improve their WHP programmes, HPB is generously offering a grant up to S\$10,000.

To further assist you, our team of experienced, creative and results-oriented fitness professionals at Physique 360 can assess the demographic and fitness needs of your Company and recommend the best fitness programmes for your employees. Below are just some of our Corporate Fitness programmes:

#### Fitness Assessment

Fitness assessment provides your employees with baseline information to start a fitness programme. Also, fitness assessment increases the employees' awareness on their individual fitness level and underlying health issues.

#### Group Exercise Classes

Not sure if you have enough space in your office to do weekly group exercise programmes? Let our experienced customer service officer view your premises and help you organise a healthy weekly group exercise class that caters to your needs. Alternatively, you may choose to use our fitness studio conveniently located at Alocassia (next to Stevens Road, mins away from Orchard Road).

Examples of classes available: Yoga, Pilates, Kickboxing, Hi-Lo Aerobic, Sculpt and Tone.

### Circuit Training Programme (Indoor/Outdoor)

Circuit training is a workout which combines both cardiovascular fitness and resistance training. Having circuit training once or twice a week can significantly improve your employees' fitness level, thus, creating an energetic, vibrant and healthy workforce.

Also, it helps improve the cohesiveness of your employees, as they exercise and have fun as a team.

### Workshops & Other Ad-Hoc Programmes

Help your employees learn more about fitness and staying healthy. We have various workshops like stress management, improving overall fitness, weight management, ache prevention and flexibility maintenance programmes.

