



adults corporate wellness

overview

We all work hard – and to be firing on all cylinders in our work life, we need to ensure our health and fitness are on point.

Busy Beats offers a variety of group fitness classes that allow you and your team to unwind, destress and focus purely on your mind, body and soul.

Promoting a balanced, healthy and active lifestyle in your workplace is our ultimate aim. We create an environment where fitness is a fun, engaging and positive experience.

Group fitness has the ability to benefit not only the individual, but the team as a whole. Whether it is fitness goals, lifestyle goals, team building or promoting cultural change – we create the perfect program to help your team succeed.

benefits

- Promote positive body image
- Enhance self confidence
- Reduce stress & health risks
- Improve concentration & productivity
- Strengthen relationships & morale

inclusions

- Qualified, registered & experienced trainer
- Cater for all fitness levels
- Fully mobile service – all equipment provided
- Choice of location

styles

- Yoga
- Bootcamp
- Dance Cardio
- Strength & conditioning

location

Classes can be conducted in the comfort of your workplace or in the beautiful outdoors of the Brisbane City Botanic Gardens or New Farm Park.

pricing

10 class package - \$13.50 per person, per class

Custom packages can be created to suit alternative program durations.

Prices are GST inclusive.