



# REVIVE

## corporate pilates

Brought to you by Revive Wellness Centres

Do you suffer from stiffness or pain from sitting or hunching over a computer all day?

Do you wish you were exercising regularly but can't seem to find the time?

Are you looking for increased incentives in the workplace?

### Revive Wellness Centres have the solution!

Pilates is an exercise method that targets the body's core stabilizing muscles, enhances balanced posture & alignment and helps reduce stiffness & pain often associated with the 'office working environment'.

Corporate classes are private mat sessions that accommodate individual company needs. These classes are scheduled at a time that suits the company and are held onsite at the workplace.

Our classes are programmed to address common musculoskeletal 'problem areas' associated with office workers and executives such as poor posture, tight upper back and lack of mobility through the spine and body.



### Pilates costing options

We come to you  
\$70 per one hour mat class for 8 weeks (save \$50 per class)  
Maximum 8 people per class  
Each participant must provide their own exercise/yoga mat or they may purchase one from Revive.  
Your company provides the venue.

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[www.revivestudio.com.au](http://www.revivestudio.com.au)

Each participant must purchase a theraband from Revive @ \$10 each  
We have no casual rates.

The course runs for 8 weeks, if a class is missed it cannot be reimbursed or added to the end of the course.

Courses are non transferable and non refundable.

Each participant must provide their own mat or they may purchase one from Revive.