



elements
HEALTH+WELLNESS

Elements Health and Wellness

Elements Corporate Wellness and Amenity Management Services

Customized Wellness Solutions

Employee Choice • Amenity Management • Virtual Solutions • Building Community

Notable Partners

WebMD

One World Trade

theSkimm

Spotify

Fast Company

Conde Naste

Convene

The Forge

1 Hotel & Residencies

SNY

WeWork

Cushman Wakefield

LDV Hospitality

Gotham Residential

www.ElementsBarreFit.com



Our customized wellness programs seamlessly integrate within corporate communities and workspaces.

“85% of employees with robust wellness programs report 40% happier teams”

-Forbes Magazine



High Levels of Engagement On Trend Fitness Employee Choice Virtual Solutions Building Culture and Community

Services:

- Virtual Wellness Solutions
- Group fitness classes
- Private training
- Health fairs
- Lunch and learns
- Quarterly wellness events
- Sponsored activations with partnering organizations
- Panel discussions
- Fitness demo
- Fitness tips
- Children's classes
- Outdoor workshops

Why Corporate Wellness?

- Elements has a proven track record of building dynamic and motivating fitness and wellness programs that result in engagement, participation and community building within the workplace.
- Our on site programs are strategically customized to support complex needs.
- Our strategy involves building a framework that outlines short and long term goals for the employee and the employer.
- Utilising the latest trends in fitness and wellness, Elements delivers exciting programming that is challenging and stimulating
- We offer a variety of group classes: HIIT, yoga, sculpt, core conditioning and meditation sessions

For Inquiries or Free Consultation Please Contact:

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