



PROMOTING A
CULTURE OF FITNESS
AND HEALTH
THROUGH CUSTOM
DESIGNED CLASSES
AND PROGRAMS

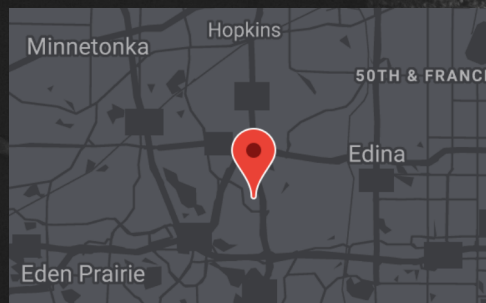


BzBODY
FITNESS

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FITNESS

TALK WITH US

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CORPORATE

fitness + health
solutions



HEALTH + WELLNESS

services

SCREENINGS

- Postural Assessment
- Functional Movement
- Fitness Assessment
- Food/ Allergy Sensitivity
- Health Risk Assessment

HOLISTIC WELLNESS

- Nutrition
- Stress Management
- 1:1 Lifestyle Coaching
- Detoxification
- Massage + Cupping

EDUCATIONAL SEMINARS

- Lunch hour
- After work *Healthy Hour*

INCENTIVE CAMPAIGNS

OFFICE ERGONOMICS

FITNESS CENTER DESIGN & MANAGEMENT

BzB**ODY**
WELLNESS



FITNESS

GROUP CLASSES

- Strength
- Yoga
- HIIT / Tabata
- Pilates
- TRX/ Suspension

PERSONAL TRAINING

Work 1-on-1 or in a small group with a Certified BZ Trainer

BZ BODY STUDIO

Looking for a different setting?
Corporate rates are available for classes
and services at the BZ Body Studio

WORKSITE WELLNESS

benefits

INCREASES

PRODUCTIVITY
EMPLOYEE HEALTH BEHAVIORS
JOB AND LIFE SATISFACTION

DECREASES

ABSENTEEISM
HEALTH CARE COSTS
INJURY RISK
HEALTH RISKS

HELP REDUCE STRESS
AND IMPROVE SLEEP



WE CARRY CBD PRODUCTS TO
IMPROVE OVERALL WELLNESS AND
VITALITY AT WORK AND HOME