

FOR CORPORATIONS & GROUPS

Our corporate programs improve bottom-line success in the workplace. They are designed to:

- ✓ Reduce stress
- ✓ Increase productivity
- ✓ Decrease absenteeism
- ✓ Improve morale
- ✓ Enhance creativity
- ✓ Improve body mechanics at work

FOR INDIVIDUALS

Our private and semiprivate sessions are a wonderful experience and help you to optimize results. Receive highly personalized service and attention from a fitness provider in the comfort of your home or private office.

We Can Help You:

- ✓ Stay motivated with a customized program
- ✓ Develop a yoga or pilates practice
- ✓ Reach personal fitness goals
- ✓ Learn and practice meditation
- ✓ Improve your diet and lifestyle
- ✓ Manage a medical condition
- ✓ Recover from an injury
- ✓ Enhance sports performance



ENERGY IN MOTION, LLC

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ON-SITE FITNESS & WELLNESS SERVICES



WHERE GOALS BECOME...
REALITY

CHANGE STARTS WITH
A DECISION TO LIVE
A HEALTHIER LIFE.



Customized and Convenient, On-Site Services Bring Exercise and Wellness to You

WHAT WE OFFER

Energy in Motion, LLC provides on-site fitness and wellness services for corporate and private clients, allowing busy people to take a proactive approach to health, fitness and stress management. Combining the science of physiology and the benefits of yoga, we offer the following private, group and worksite wellness programs:

- Yoga and Pilates Classes
- Group Exercise Classes
- Personal Training
- Private Yoga and Pilates
- Wellness Seminars

Want to know more?

Start with a free consultation today; call us for program details and pricing.

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With on-site exercise classes, wellness seminars and stress management strategies, Energy in Motion's professional wellness staff is uniquely suited to provide your business with corporate wellness solutions.

Group Exercise Classes

Energy in Motion offers a variety of exercise classes for all levels of ability. Instructors are knowledgeable, experienced, energetic, and committed to teaching safe and effective classes for all participants.

Classes are fun, invigorating and designed in accordance with guidelines from national certifying organizations. Participants will gain an improvement in cardiovascular endurance, muscular strength and flexibility while having fun at the same time! Some classes include:

- ◆ Kickboxing
- ◆ Step Aerobics
- ◆ Boot Camp
- ◆ Sports Conditioning
- ◆ Strength Training
- ◆ Fitness Fusion
- ◆ Yoga
- ◆ Pilates
- ◆ Yogilates
- ◆ Zumba
- ◆ Spinning
- ◆ Hip Hop

Wellness Seminars

Wellness seminars increase knowledge and awareness on many health and fitness topics. They are also an excellent motivational tool for starting or maintaining a healthy lifestyle. Energy in Motion offers customized wellness seminars and workshops for businesses, organizations and the community.

FOR INDIVIDUALS

Having a Certified Personal Trainer is the most successful way to get in shape. Whether you are new to exercise or a seasoned veteran, you will learn to safely and effectively boost your metabolism and rebuild your body.

Our Personal Training Includes:

- ◆ An initial consultation, assessment, and goal setting session
- ◆ Individualized workout design and ongoing documentation of exercise training results
- ◆ Ongoing health/fitness education and exercise monitoring
- ◆ An increase in confidence and motivation through effective equipment use
- ◆ Follow-up assessments to track your results compared to your goals

Private sessions and personal training begin by evaluating your health history, lifestyle and goals. Next, we design a dynamic exercise, yoga or pilates program that will meet your specific needs and schedule. Your trainer updates your program on a continuous basis as you progress, placing you on a fast track to optimum health and fitness.

A gym facility is not necessary; we can work in small spaces and outdoors. We incorporate portable equipment such as tubing, therabands, stability balls, medicine balls, jump ropes, weighted bars, rings, balance trainers, dumbbells and punching pads.

