

WELLNESS

FERNWOOD WELLNESS OVERVIEW

Fernwood Wellness offers members the space to physically and energetically balance their fitness routines with classes, programs and membership components that target mental and emotional wellbeing.

'Wellness' encompasses both physical, mental and emotional wellbeing. Wellbeing refers to a positive state of mental health, feelings of general happiness and life satisfaction.

Research tells us that what we think and feel about ourselves impacts many areas of our lives. For example, emotions influence our motivation for exercise, dedication to self-care as well as how we relate to ourselves and others. Emotional wellbeing is strongly linked to physical health and so the presence of a wellness offering within the Fernwood brand lends itself to support and strengthen the fitness arm in turn.

Fernwood Wellness Offerings include:



Wellness Wednesdays are an opportunity for members to experience one or more specialist wellness offerings in club and may be in the form of a specialised yoga or meditation class, social group or workshop / event.

The wellness membership is available at clubs who offer specialised wellness classes (yoga, meditation, Reformer Pilates) in a dedicated wellness studio (separate to group fitness).

Fernwood's Empower Programs ranging from Empower online, to our Empower 2-day Intensive program, have been designed to support women on their personal wellbeing journey. Empower helps women to mindfully understand and manage stress, anxiety and burnout as well as facilitates the exploration of growth mindset, values, self-care, loving kindness and the creation meaningful goals for overall health and wellbeing.

Empower Coach training will equip the right staff with the ability to run Empower programs online and in club.

NB: All Empower programs (6-week, 2-Day Intensive, Teen and Empower Online) must be run by a trained Empower Coach.

To enquire about getting wellness set up in your club, email emma.roberson@fernwoodfitness.com.au