

Perfect group sessions for
your virtual corporate
wellness program!

VIRTUAL FITNESS & WELLNESS SESSIONS

To purchase or schedule:

DM: @swiftfitevents

Email: info@swiftfitevents.com

BOOTCAMP CLASS

\$125 per 60 minute session

Up to 20 guests (\$6.25 per person)

KICKBOXING CLASS

\$125 per 60 minute session

Up to 20 guests (\$6.25 per person)

DANCE FITNESS CLASS

\$100 per 60 minute session

Up to 20 guests (\$5 per person)

MEDITATION

\$80 per 60 minute session

Up to 20 guests (\$4 per person)

YOGA

\$100 per 60 minute session

Up to 20 guests (\$5 per person)

BUILD RESILIENCE: TIME & STRESS MANAGEMENT

\$250 per 60 minute session

Up to 100 guests (\$2.50 per person)

COACHING SESSION

\$150 per 60 minute session

One-on-one session

REIKI

\$150 per 60 minute session

One-on-one session

Purchase these 1:1
sessions as a gift!

DISCOUNT BUNDLES

5 classes: 10% off

10 classes: 20% off



VIRTUAL FITNESS & WELLNESS SESSIONS

BOOTCAMP CLASS

Dynamic, fun and challenging virtual workouts led by amazing trainers who inspire you to discover your best self. Develop muscular strength and power, while also improving cardio through a virtual at-home class.

KICKBOXING CLASS

Work on that jab, cross, hook combo with a beat-based virtual fitness kickboxing class. No equipment needed! Shadowboxing and body weight exercises timed to the tempo of a shared music playlist will guarantee you a killer workout at home.

DANCE FITNESS CLASS

A virtual high energy cardio group workout that is low-impact and fun. Dance fit blends movement, humor, and a shared dance playlist into an at home dance party!

YOGA

Learn the proper alignment and the health benefits of each yoga pose as we move through our virtual slow-flow practice. Classes are casual, fun and can be adjusted to fit and support all fitness levels.

MEDITATION

Meditation is a scientifically proven way to release stress, focus your mind, increase productivity, and help you relax in this increasingly bizarre and stressful quarantine. The theme of the meditation classes can be curated based on the needs of the individual or group.

Purchase a session as a gift!
Perfect for your corporate wellness program!
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BUILD RESILIENCE: TIME & STRESS MANAGEMENT

Have you been feeling stressed, anxious, overwhelmed and maybe even a little scared from the uncertainty of recent world events? In this interactive session, you will learn the science behind stress, how to identify hidden sources of stress in your life, and how to build resilience through actionable wellness tools and strategies that you can implement immediately following the session! You will leave feeling lighter, less stressed, more empowered, and in control of your thoughts & feelings.

REIKI

A Reiki 1:1 session can help ease tension and stress and is often utilized for one's personal wellness. Distance Reiki treatments are just as effective as in-person treatments, allowing patients to receiving healing from afar..

