

ENVOLE

GYM

CHOOSE **ENVOLE** FOR TEAM SUCCESS!



BOOST YOUR TEAM WITH ENVOLVE

Improve your team's wellness, productivity and moral with **ENVOLVE**. In a world that demands both physical and mental agility, our innovative approach ensures your team members can excel in all aspects of well-being.

What we offer:

- 1 Team Building Experience:** Engage in 2.5 hours of dynamic team building, ideal for Friday afternoons, to relax and come together as a team away from the office.
- 2 Small Group Classes In-house:** Opt for 5 or 10 sessions of 45-minute classes, available mornings or lunchtimes, designed to fit seamlessly into the day.

Class Options:

- **MOVE:** A bootcamp-style class that energizes and strengthens.
- **STRETCH & MOBILITY:** Focus on flexibility and stress relief in a Zen-inspired setting.

- 3 50 Class Passes for Employees:** Secure 50 Class Passes for your employees to use as they like for unlimited studio access, ensuring a daily dose of health, great perk for employees.

INVOLVE TEAM BUILDING EXPERIENCE

TRANSFORM AND THRIVE

Our mission: enhance everyday mobility, strength, and mental resilience, in a fun and relaxing environment.

With a focus on quality movement and mindful practices, our sessions take you away from your desk and open your eyes to what your body needs, invigorating both body and mind.

Experience tailored activities that promote holistic growth, encouraging your team to embrace challenges and improve together.



The **ENVOLVE** TEAM BUILDING Philosophy

At **ENVOLVE**, we believe in **helping people make progress with their everyday mobility, strength, and fitness**, recognizing that true strength encompasses not only physical prowess but also mental fortitude. Participants are immersed in experiences tailored to promote both **physical and mental rejuvenation**, challenging themselves and their colleagues while prioritizing holistic development. Our sessions not only help employees understand the benefits of **living stronger** but also enable them to become **more efficient in exercising and handling life's challenges**.

WELCOME/ICEBREAKER: Day outline & group game

FOUNDATIONAL MOVEMENTS: Enhance your strength and longevity by practicing the **7 essential movements of the body**

TEAM GAMES: Work in small groups to achieve tasks as a team such as a group cycle (**increase motivation**), recreating an artistic scene with gym equipment (**improve collaboration**) and a slamball relay (**improve efficiency**)

STRETCHING & MOBILITY: **Relieve tension and improve flexibility** by trying a series of exercises to help bring awareness to the importance of mobility for every day life.

TEAM QUIZ: Participate in a **fun quiz recapping the session** (Freshly made energy balls & smoothies are provided during the 2 breaks)

By emphasizing movement and mobility alongside mental stimulation, participants discover the transformative power of integrating physical and mental well-being into their daily lives. They also have the opportunity to work as a team in a fun and unique environment.



Experience a Sample Half-Day Team Building:

- 14:30** Welcome & Icebreaker
- 14:45** Foundational Movements
- 15:20** Team Games
- 15:45** Energizing Break
- 15:55** Stretching & Mobility
- 16:30** Team Quiz & Smoothie Wrap-up





**ELEVATE YOUR TEAM'S
PROGRESS AND WELL-BEING
WITH ENVOLE**

WHERE PROGRESS MEETS TEAM SPIRIT

For more information or to request an offer for a team building contact us at
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