

Physical activity & relaxation

THE
PROFIT
Club

Virtual classes
Tailored for teleworking
No equipment needed
Standing or sitting exercises
Safe and easy to follow

● Oxygen refill and relaxation!

Ideal for taking a healthy break, stretching your muscles, getting some oxygen and releasing stress and tension! On the menu: light and fluid movements, exercises and stretches for posture... and relaxation!

- Light exercises and movements to increase your heart rate and oxygenate your body (from different techniques such as yoga, pilates, etc.)
- Gentle stretching exercises (posture, pain, etc.)
- Breathing techniques to release stress and tension
- Mini guided meditation session

● Release physical and mental tension!

Train different poses and postures dynamically to the rhythm of your breath to let go, revitalize yourself, and gently release mental and physical tensions. Physical and mental well-being guaranteed!

- Dynamic and fluid poses (yoga and other techniques)
- Gentle movements and stretching (posture, mobility, flexibility)
- Breathing and relaxation techniques to release accumulated tension

● Yoga, posture & stretching

Tailored for people who work at the computer or in prolonged sitting, this formula allows you to feel an instant boost of energy while reducing the chronic pain associated with office work.

- Sitting or standing stretching exercises
- Fluid movements and different yoga poses
- Focus: wrists, neck, shoulders, back, hips
- Relaxation techniques to release the stress of the week!

● Calm, wellbeing and serenity!

Come and let go completely! On the menu: different meditation and relaxation techniques to help you live in the present moment, slow down your thoughts, let go of negativity and calm your mind and body. Calm, well-being and serenity guaranteed!



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● Power fitness!

Come move, recharge your batteries and increase your heart rate with this class combining different dynamic exercises! This class will give you the energy, motivation and enthusiasm you need to attack the rest of the day!

- Light to moderate cardiovascular and muscular exercises
- Dynamic exercises and movements for:
- Strengthen your muscles
- Boost your cardiovascular system
- Activate your blood circulation and oxygenate you!

● Tabata Fitness

Now is the time to challenge yourself and let off steam with this class offering you a dynamic circuit combining cardio, strength and endurance!

- Intensive training combining upper and lower body exercises
- "Tabata" technique (20 sec. effort / 10 sec. rest)
- Short and intense, this session will give you energy in addition to working on your agility and speed

● Flexibility and mobility workout

Improving your flexibility and mobility will help you move more easily, feel better and perform your daily tasks more efficiently. It will also help reduce your pain and risk for injury.

- Light to moderate exercises and dynamic movements (cardiovascular and muscular)
- Mobility exercises
- Flexibility exercises
- Stretching exercises

● Mobility and endurance workout!

This workout will allow you to regenerate your muscle tissue, work on your posture and improve your joint mobility!

- Posture exercises
- Joint mobility exercises
- Muscle reinforcement

The level of intensity of our classes varies according to the client's interests

And much more! Contact us for an exploratory meeting!



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