



# CORPORATE WELLNESS PROGRAMME

IMPROVE THE HEALTH AND WELL-BEING OF THEIR EMPLOYEES

# BRINGING WELLNESS TO WORKPLACE

Corporate Wellness Programme recognises this importance and is designed to enhance the physical and mental health of your workforce.



## **Enhance Employee Engagement:**

By prioritizing wellness, we aim to foster a culture of health within organizations, leading to increased employee satisfaction and productivity for our corporate partners.



## **Strategic Offers:**

Tailored wellness solutions, including fitness classes, yoga classes, nutrition workshops and more, designed to meet the specific needs of the corporate workforce.



## **Cost Savings:**

Participation in wellness programs can lead to reduced healthcare costs, resulting in significant savings for corporate partners.



## **Employee Retention:**

Offering wellness initiatives can enhance employee morale and loyalty, reducing turnover rates and associated recruitment costs.

# CORPORATE WELLNESS PROGRAM

Designed to help companies of all size promote and improve the health and well-being of their employees. Contact us for more information.



## EMPLOYEE BENEFITS



Complimentary 7-day Corporate Pass For You, Your Spouse, And Immediate Family with **Exclusive Corporate Rate**



Explore 200+ Customized Group Classes



Unlimited Access To Fitness Centers, Pools, Steam & Sauna, With Complimentary Towels & Workout Attire



Flexible Usage Plan & Exclusive Corporate Rate

## COMPANY BENEFITS



Priority Booking For Events



Monthly Wellness Newsletter With Nutritional Tips



Discounts On Nood Food Voucher & Catering Services



Discounts On Group Class



Wellness Booth At Your Office



Group Class Annually



PURE Online Account





**SWEAT OUT THE FATIGUE OF HUMID WEATHER**

**PURE Fitness: Highlighted Class!**

- Body Combat
- RPM
- Body Attack
- Zumba
- BodyStep



**TURN LIFE ON**

**INTERNATIONAL WOMEN'S DAY CELEBRATION! LADIES ENJOY AN EXTRA TREAT!**

**FREE AI scan\*** (Value: \$350)  
 Exclusively for Ladies! AI scan can significantly benefit women's health and well-being, particularly in assessing body alignment and overall physical condition.  
**Limited to 38 participants—first-come, first-served!**

- AI-Powered Posture Analysis**
- **Quickly identifies issues:** Technology quickly detects posture, body composition, and training-induced pain.
  - **Science-based training:** Enables personalised plans for optimal training outcomes.
  - **Improved Performance:** For active women, optimal physical performance, daily activities.




**TURN LIFE ON**

**EXPERIENCE THE BENEFITS OF SWEATING!**

Spring is just around the corner! Sweating plays a crucial role in detoxifying your body, regulating temperature, and boosting your mood—especially in humid weather. Consider trying the **FUZE Class** below, a unique fitness program designed to harness the benefits of sweating for your physical and mental well-being. This dynamic experience combines intense workouts with engaging group interactions, ensuring you stay motivated and energized!



**EXPLORE THE DETAILS**

**13 MARCH: WORLD SLEEP DAY 5 WAYS HOT YOGA IMPROVES SLEEP QUALITY!**

Struggling to fall asleep at night? Or maybe your sleep isn't as restful as you'd like it to be?

Might be time to give hot yoga a try. This powerful practice isn't just about flexibility and sweat, it's a holistic solution that can transform the way you rest and recharge.

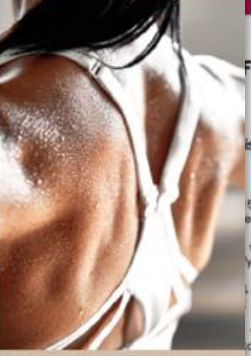
**5 reasons why hot yoga is perfect for enhancing your sleep quality:**

1. Reduces Stress and Calms the Mind
2. Promotes Physical Relaxation for Deeper Sleep
3. Balances Hormones and Enhances Sleep Cycles
4. Improves Mindfulness and Breathing
5. Detoxifies Your Body

If you're new to hot yoga, don't worry—it's an inclusive practice for everyone, regardless of fitness level. Remember to stay hydrated, wear moisture-wicking clothing, and listen to your body as you adjust to the heat.

Your sleep, and overall health, will thank you for it.

**GET STARTED WITH HOT YOGA**



**OUR SPOT NOW!**

**FOR**

**LIST**

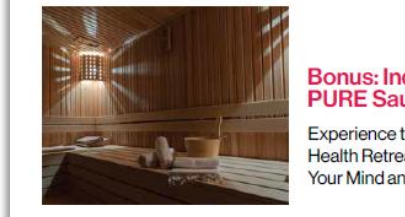
50 require more iron sources like beans, women may not get y greens, and fortified

of women consume least one portion in

weekly for omega-3 to two portions for men.

-3 bowls of cooked g whole grains and

[www.nutrition.gov](#)



**Bonus: Indulge in PURE Spa**

Experience the Health Retreat Your Mind and

# MONTHLY WELLNESS NEWSLETTER

We customize the theme for our Monthly Wellness Newsletter, featuring a variety of engaging content: wellness tips, promotional discount offers, and highlights of our class services. To provide valuable information that supports your employee's health and wellness journeys.



## DIVERSE CLASS OFFERINGS



### YOGA GROUP CLASS

Certified yoga and meditation instructors lead on-site classes designed to help employees relax, reduce stress, and boost productivity. Classes are welcoming to all levels—from beginners to advanced practitioners.



### FITNESS GROUP CLASS

For those seeking high-intensity training, our expert fitness coaches deliver private group sessions, including specialised HIIT and HYROX-focused workouts. To help employees improve physical fitness, increase energy, and build team morale.





## DIVERSE CLASS OFFERINGS



### Reformer Pilates

With its unique system of springs, straps and pulleys, Reformer Pilates delivers a range of benefits. Experience transformative benefits with Reformer Pilates: enhance balance, coordination and flexibility while reducing muscle imbalances.



### 660

Harness the power of red light and infrared heat exercise to boost cellular energy, support collagen production and enhance recovery for a lit-from-within glow. 660 is a comprehensive programme with classes that fuse functional fitness, yoga, mobility, Pilates and strength training, all conducted in far infrared, near infrared and red light.





## DIVERSE CLASS OFFERINGS



### **Group Re:sets**

Experience the power of Group Re:sets – where expert guidance, community support and shared energy help you stay motivated, accountable and consistent. Being in a group makes Re:sets more enjoyable and effective, boosting both your physical and mental well-being while connecting you with others on the same journey.





# WELLNESS ACTIVITIES IDEAS



## OFFICE OLYMPICS

We offers team building activities such as speed/squat/push-up challenges, which help to promote teamwork, communication and motivation among employees.



## LUNCH AND LEARN

We provide employees with the knowledge and resources they need to make healthier food choices. Topics include weight management, nutrient-dense eating and reducing the risk of chronic diseases.





# WELLNESS ACTIVITIES IDEAS



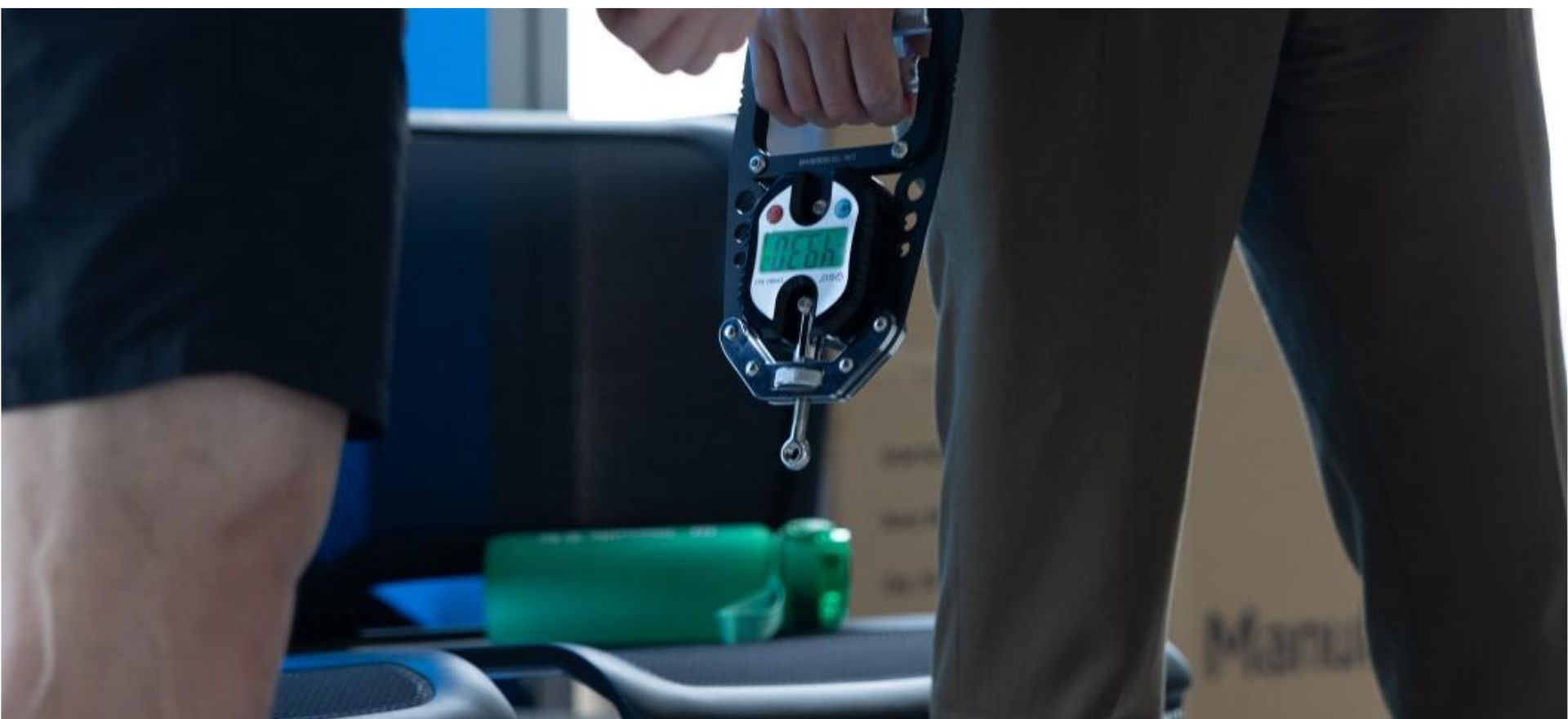
## OUTDOOR GATHERINGS

We provide invigorating outdoor yoga stretches and fitness workouts to promote team bonding and physical activity in a refreshing environment.



## WELLNESS BOOTH

Our wellness booth features In-Body analysis, grip strength tests, alignment check to kickstart a healthier journey. Certified personal trainers will offer tailored insights and advice to empower your team.





# WELLNESS BOOTH IDEAS



## WELLNESS GAME CHALLENGE

Handgrip Test • Balance Test • Speed Ladder • Reaction Light



## DECODE YOUR BODY

InBody Check-Up • Alignment Test • Resistance Band Stretch • Office Stretch



# YEARLY STAFF ENGAGEMENT IDEAS

Inspiring event and wellness concepts to celebrate milestones and boost staff morale across the year.

## Annual Dinner

Special PURE passes or wellness gifting combo as table prizes and staff rewards from a wide range of wellness classes, PURE Online access, healthy F&B and more.

## Outdoor Gatherings

Outdoor activities and / or post-workout stretch classes supported by our professional instructors for an engaging event.

## Lunch And Learn

Hosted by our experienced nutritionists, employees can participate in wellness learning opportunities, along with a nutrition / better sleep / destress themed lunch.

## Wellness Team Parties

Organise a fun afternoon with a choice of a wellness class at a PURE location or at your desired venue.

## Team Building Day

PURE can organise team building games and challenges at a PURE location or at your desired venue, which are led by our professional instructors.

## Wellness Month

From health assessments, consultations, healthy F&B to alignment and posture check-ups, PURE can organise a tailored plan to support your company's wellness month initiatives.

## Mental Health Day

PURE's sound healing and destressing yoga classes, stretching and yoga talks can support your staff's mental wellness.

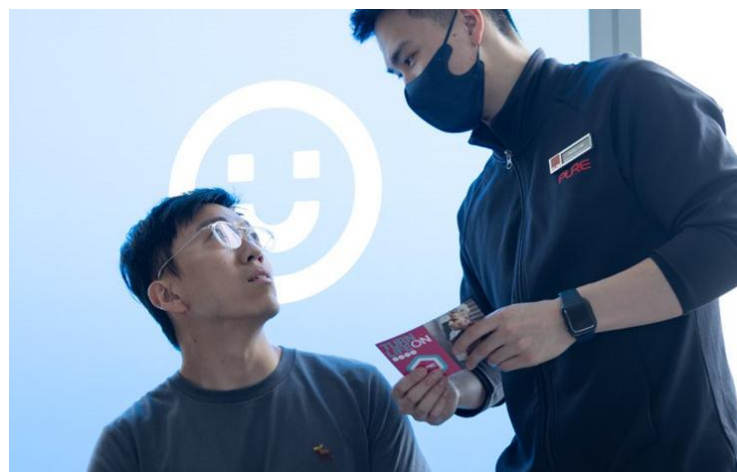
## Board Meetings

PURE can provide short meditation breaks (with an option to include singing bowl sessions), along with refreshing healthy snacks and beverages.

## Charity Event

PURE can organize a Marathon or RPM group class event to track miles for donation purposes, aligning with our company values and goodwill.

# MEMORABLE MOMENTS FROM PAST EVENTS





## CONTACT US



### EMAIL

[allhkgcorporate@pure-international.com](mailto:allhkgcorporate@pure-international.com)