



Dance Fitness Classes

Length: 1hr .

Delivery modes: Onsite & Virtual Class; Pre-recorded workouts.

Details: One hour of a high energy Dance Fitness Session.

Get your team energised with a range of exhilarating dance fitness sessions, preparing the team for a productive day.

The expected benefits of a fitness class include:

- An Energy Boost
- A Great Cardio Workout
- A Fun Way to Get Fit & Break Up Sedentary Behaviour
- A Boost For Musculoskeletal Health.

Connect with WORKBLIS to discuss requirements - hi@workblis.com