

Corporate Sports Teams

We offer team or individual physical conditioning for those who want to turn their office frustrations into a little healthy competition.

1

All-terrain conditioning for adventure racing: BIKING, PADDLING, RUNNING.

2

BEACH VOLLEYBALL coaching & conditioning from national level players & provincially certified coaches.

3

DRAGON BOAT dryland training for increased stroke power, with special emphasis on body symmetry.

4

Speed & agility training for field sports: ULTIMATE, SOCCER, FLAG FOOTBALL.

\$100/person/4wk training*

& For Your Personal Goals

Fitness & Lifestyle consultation for weight management and increased quality of life.

Individual personal training through core conditioning & functional training for enhanced sport performance.

getfit@theHealthyCubicle.com

www.theHealthyCubicle.com

Moving outside the office.

Beyond

The

Healthy
CUBICLE

*Based on 4 person team at 1 session/week. Contact us for customized packages & large group rates.