



# SOAR

## Onsite Fitness Classes

*with*

*Shannon Lee Nickerson*

### **We bring the gym to you!**

Customized options to fit your employee health and wellness goals. Choose a regularly scheduled class at your office, or we can work with you on special events, retreats and summits.

#### **We offer:**

- Yoga classes
- Pilates classes
- Cardio fitness POUND classes
- Tai Chi
- Meditation

**Work with us to develop a fitness proposal to meet the goals & needs of your employees.**

Companies experience many benefits from onsite movement classes for their team including: stress management, increased motivation, work fulfillment, increased camaraderie, and a greater sense of achievement and overall well being.



### **Transformational Health Strategist**

Shannon Lee Nickerson's mission is to empower men and women to nourish their body, re-train their mind, and connect with their spirit so they can feel good in their bodies again. The resources, guidance, and tools offered by Shannon Lee have helped hundreds of people take control of their health, rise up, and soar to live life to the fullest.

[www.ShannonNickerson.com](http://www.ShannonNickerson.com)