



VIVO

**CORPORATE
PACKAGES**



Vivo is a charity with a profound purpose; to ignite a mindset to **LIVE** for healthier generations.

Our Collaboratory applies leading practices in social innovation to co-create and measure new kinds of healthy living solutions, and our Centre is an inclusive environment for healthy lifestyles. We create meaningful impact with individuals, the community and the planet.

Booking your next event at Vivo means that not only will you have a unique experience based on your needs, and the needs of your group, but that you are empowering generations to do the same.

If you have any questions, please reach out to any of the Vivo team.

Pricing noted herein are subject to GST and change at any time.

Corporate Teams

Discover the Power of Our Vivo Team Building Packages

Experience an unforgettable team building journey with our diverse range of Vivo team building packages! From exhilarating obstacle courses and mind-bending puzzle challenges to dynamic dance classes and thrilling adventure activities, our packages are carefully designed to promote collaboration, communication, and camaraderie among your staff, fostering a positive work culture and unlocking their full potential.

IDEAL FOR:

Boosting morale and motivation

Promoting collaboration and communication

Enhancing problem-solving and creativity

Building trust and collaboration

EACH PACKAGE INCLUDES:

An event coordinator assisting with booking and event needs

Host & instructor

All membership holders receive 15% off packages



How to book

Email us at events@vivo.ca

Call us at 403-817-9208

Visit our website vivo.ca

Mindfulness

Unleash the full potential of your workforce with Vivo's wellness program designed for corporations.

Our transformative mindful and yoga package combines invigorating yoga sessions and calming meditation practices to cultivate a balanced and resilient workforce, promoting mental clarity, reducing stress, and fostering a harmonious work culture.



YOGA

MEMBERS \$255 | NON- MEMBERS \$300

Boost productivity, reduce stress, and foster a positive work environment with Vivo's mindfulness and yoga package for corporations. Our expert instructors will guide your staff through invigorating yoga sessions and teach valuable mindfulness techniques to enhance focus, promote well-being, and achieve a healthier work-life balance.

MEDITATION

MEMBERS \$255 | NON- MEMBERS \$300

Boost productivity, reduce stress, and foster a positive work environment with our corporate meditation package. Our expert instructors will guide your team through relaxing meditation sessions, promoting mental clarity and well-being, creating a harmonious and focused workplace for increased efficiency and overall employee satisfaction.

Each package includes:

- Certified yoga instructor
- 1-hour mindful yoga session
- Yoga mats and equipment
- 15-minute mindful meditation time

Details:

- Comfortable attire required
- Minimum 10 participants
- Maximum 20 participants


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- Certified yoga instructor
- 1-hour mindful yoga session
- Yoga mats and equipment
- 15-minute mindful meditation time

Details:

- Comfortable attire required
- Minimum 10 participants
- Maximum 20 participants

Wellness



Revitalize your employees' well-being and boost their fitness levels with Vivo's comprehensive wellness program for corporations. Our health courses encompass high-intensity HIIT workouts, invigorating cycling sessions, and empowering boxing classes, offering a diverse range of activities that will inspire your staff to stay active, motivated, and committed to a healthier lifestyle.

CYCLING

MEMBERS \$255 | NON- MEMBERS \$300

Pedal your way to a healthier and more motivated workforce with our invigorating cycling package at Vivo! Designed for all fitness levels, this package offers an exhilarating indoor cycling experience where your staff can improve cardiovascular endurance, boost energy levels, and strengthen their team bonds, all while enjoying the benefits of a dynamic and immersive workout environment.

Each package includes:

- Certified cycling instructor
- 1-hour lesson
- Private cycling room with bikes

Details:

- Minimum 10 participants
- Maximum 24 participants
- Appropriate, comfortable attire required
- 1 wheelchair accessible bike

BOXING

MEMBERS \$255 | NON- MEMBERS \$300

Empower your team with our boxing package at Vivo! Led by experienced trainers, this package provides a unique opportunity for your staff to unleash their strength, improve agility, and enhance self-confidence through the art of boxing, promoting physical fitness, stress relief, and a sense of empowerment that will fuel their productivity and teamwork in the workplace.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

MEMBERS \$255 | NON- MEMBERS \$300

Ignite the energy and boost the fitness levels of your staff with our dynamic HIIT (high-intensity interval training) class package at Vivo! Led by expert trainers, these fast-paced and challenging workouts will push your team to their limits, improving cardiovascular endurance, strength, and overall well-being, while fostering a culture of perseverance, resilience, and camaraderie that will translate into enhanced productivity and team synergy in the workplace.

Each package includes:

- 1-hour lesson
- Certified boxing instructor
- Boxing bag included
- 15 minute warm-up

Details:

- Minimum 10 participants
- Maximum 20 participants
- Appropriate comfortable attire required
- Boxing gloves & wraps available for purchase

Each package includes:

- Certified HIIT instructor
- 1-hour session
- 15 minute warm-up
- 15 minute cool down

Details:

- Minimum 10 participants
- Maximum 20 participants
- Appropriate comfortable attire required



www.vivo.ca @vivoyourlife info@vivo.ca