



MOVE YOGA

LEVEL 1, 335 FLINDERS LANE MELBOURNE

Corporate Wellness

Proposal



CORPORATE WELLNESS

PROSPECTUS BY MOVE YOGA

Level 1, 335 Flinders
Lane Melbourne

SUMMARY

Thank you for your interest in offering corporate yoga classes for your staff. We are pleased to present the following proposal outlining how MOVE Yoga can support your corporate wellness initiatives.

Staff Size: Approximately 10-20 employees

Objective: To provide access to exercise and wellness classes as part of the Company's corporate offering on site at MOVE Yoga 1/335 Flinders Lane Melbourne

KEY POINTS

- MOVE Yoga will provide the company a Corporate Class Pack allowing staff access and flexibility to book and attend any classes from the regularly scheduled timetable
- Each staff member can book one class per week, up to one week in advance
- The Company will provide MOVE Yoga with a list of participating staff names and email addresses and set up the accounts
- MOVE Yoga will provide the company with a monthly attendance report detailing staff participation and class pack usage

CORPORATE PACKAGE OFFER

Package Details

- 60x Visit Corporate Class Pack: Total of 60 classes
- Price: \$1140 in total @ \$19 per class (including GST)
- Payment: To be paid upfront, invoice will be sent
- Up To 15 staff (above 15 Staff we will provide a quote)

Enrolment Process

1. **Staff List:** Company to provide MOVE Yoga with the email and name list of participating staff
2. **Account Creation:** MOVE Yoga will create individual staff accounts on Mindbody Online (MBO).
3. **Welcome Email:** Each staff member will receive a welcome email with their MBO login details and instructions for online booking
4. **Class Booking:** Staff can view and book classes up to one week in advance through the app.

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CLASS TIMETABLE & STYLES

We offer a range of yoga classes up to 45 per week, including:

- **Hot Yoga:** Up to 35 degrees
- **PowerFlow:** Up to 30 degrees
- **Yin Yoga:** Up to 25 degrees
- **MOVE & Let Go:** Up to 30 degrees
- **Yoga Sculpt:** Up to 30 degrees

Classes are available in 45-minute express and 60-minute formats and example timetable detailed below:

- Monday to Friday (7am, 12pm, 12.30pm, 1pm, 5pm, 5.30pm, 6pm, 6.30pm)
- See appendix for example timetable

MOVE YOGA FACILITIES

Our purpose-built, high-end yoga studio offers the perfect environment for a rejuvenating yoga practice. Located conveniently on Flinders Lane, near Flinders Street Station, our facilities include:

- Complimentary water refill station
- Complimentary refreshment hand towels
- Salon shower towels available
- High-quality yoga mats and blocks for each class
- Infrared heating and ventilation systems for therapeutic benefits
- High End Interior Designed Space
- Customer service to assist and guide staff
- Highly qualified yoga instructors
- Shampoo, conditioner, bath wash, hair dryers, and hair straighteners
- Casual locker use
- Timber floors, shower and change facilities
- High-end audio and lighting system

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TERMS AND CONDITIONS

Booking and Attendance:

Staff must book classes via the MOVE Yoga online system or mobile app.
Cancellations must be made up to 30 minutes before class start time to avoid charges.
Missed classes or late cancellations will result in a charge and potential suspension of booking privileges.

Membership Policies:

Passes are non-transferable and may not be shared.
Memberships are non-refundable.
Company must notify MOVE Yoga when a staff member leaves to remove their account.

Class Policies:

Classes may be subject to change or cancellation without notice.
Late entry is not permitted for safety and security reasons.
MOVE Yoga is not responsible for lost or stolen belongings.

REPORTING AND MONITORING

MOVE Yoga will issue a monthly attendance report to management for tracking usage.

MOVE is a Hot Yoga studio located in the heart of the Melbourne CBD. We practice Power Flow Yoga, which is dynamic and energetic and caters for all skill levels, from beginner to advanced. Our beautifully designed space comprises of two large studios with the latest infrared heating and ventilation systems with premium amenities, showers, towels, mats etc.. All Hot also streamed live with access to our On Demand library of over 60 classes.

TIMETABLE

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7am	H	H	H	H	H		
8am						H	H
12pm	H	H	H	S	H	S	S
12.30	S	S	M	S			
1pm	Y	M	Y	M	Y		
4pm						P	M
5pm	H	H	H	H	H		
5.30	P	S	P	S			
6pm	H	H	H	H	H		
6.30	Y	P	M	P			

H

Hot 36 deg.

P

Power 30 deg.

S

Sculpt 30

Y

Yin 25 deg.

M

MOVE & Let Go 30 deg.

Class length 45 & 60 min and are subject to change*
Please check website for up to date timetable moveyoga.com.au