

CORPORATE WELLNESS

At Sweat, we know the importance of movement to maintain a healthy body and mind. Studies show employees who exercise miss fewer days, have lower health care costs, and higher levels of productivity. By providing your employees access to our studio, you can foster an environment leading to increased morale and wellbeing.

All of our yoga instructors are certified and registered with Yoga Alliance. Each teacher has been trained to address issues common amongst those who engage in repetitive motion or lead sedentary lifestyles. At Sweat, we not only address physical concerns, we also focus on shifting mentality to a happier and healthier perspective.

We have several packages available depending on number of employees. All of our packages can be tailored to fit your needs.

You may be eligible for insurance reimbursements -- check with your human resource department for ways you can save money through fitness program incentives.

Contact Anna Moore at anna.moore@sweatyogafitness.com or via phone at 405-714-9584 for more information.





5-15 employees	\$75/person
16-25 employees	\$70/person
26-35 employees	\$65/person
36-45 employees	\$60/person
45 + employees	\$55/person
60+ employees	negotiable

Annual agreement required. Payment can be made monthly or annually. Annual payments will receive a 5% discount on total purchase. Employees utilizing service can be billed individually; should an employee fail to pay or lose eligibility of corporate rate, employer will be responsible for remaining balance of membership. Contract may be renegotiated if number of participants changes. All packages include unlimited access to studio and qualify participants for discounted in-studio merchandise and special pricing for workshops.