

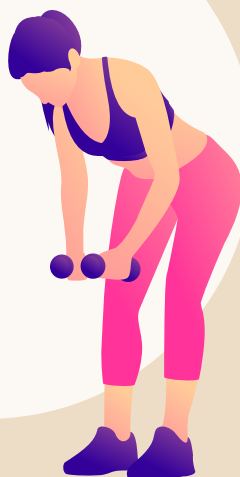
# Employee Wellness Classes with Alpenglow Fitness

*Alpenglow Fitness offers inclusive group fitness classes designed for your employees' fitness level and organizational goals.*

## OUR CLASS OFFERINGS

### Low Intensity Interval Training (LIIT)

A class for all levels, to strengthen, tone, and stretch the entire body. Designed to increase energy, improve focus, allow for better sleep, and reduce stress. Strengthening and light cardio without jumping or anything jarring. Movements are performed in 15–60 second intervals followed by breaks, suitable for beginners. Sample movements: Marching, planks, lunges, bicep curls.



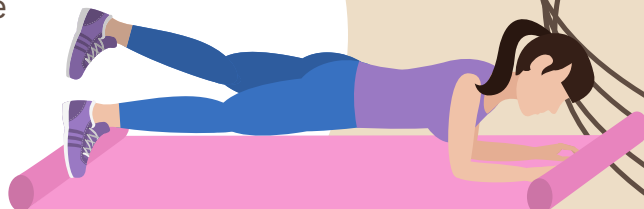
### High Intensity Interval Training (HIIT)

Is your team looking for a challenge? This class keeps beginners to serious athletes engaged, sweating, and smiling. Get stronger, increase endurance, and improve heart health with moderate to heavier cardio and weighted movements. 30–60 second intervals followed by short recoveries. Sample movements: Jumping jacks, squats, tricep extensions, knee drivers, kayakers, crab walks.



### Barre

Everyone gets to feel like a ballerina for a day. A fusion of pilates, yoga, and ballet movements for lengthening, toning, and stretching. Sample movements: Pointed toe lifts, bridge hold, reverse crunches, plies, crunch pulses. Synchronized movements, increased blood flow, and that post-workout glow give employees a much needed boost to spur creativity, productivity, and team connection.



### Stretch & Restore

A class featuring a series of yoga-inspired stretches and mindfulness practices for increased flexibility and to counteract “seated laptop pose.” Help prevent workplace injuries with beginner to intermediate stretching poses, breath work, and meditation. These practices help calm the mind, quiet negative thoughts, and boost the mood.



### Studio Cycling

High-energy, heart pumping indoor cycling to the beat of the music. We can accommodate groups of up to 13 in our Montpelier, Vermont studio, or lead online classes. We always end the class “in the peloton,” cheering each other on as we ride to the finish line. Great for team-building, camaraderie, and FUN!



## Contact us for a consultation

We'd love to offer a class at your next corporate retreat, team meeting, or other event. We can meet you in-person, online, or in our Vermont studio.



[alpenglowfitness.com](http://alpenglowfitness.com)  
802-279-0077