

OUR MISSION

Partner with corporations to promote, deliver and sustain healthylifestyle management programs for employees by providing a multitude of flexible, accessible and affordable options with first class, fun, and professional service.



23910 Carlisle Street
Dearborn, MI 48124
1.888.363.3635

Visit our website for a list
of current offerings,
locations and other
information

elementsofexercise.com

ELEMENTS OF EXERCISE



CORPORATE WELLNESS PROGRAM

OUR SERVICES

- Employee Fitness Classes
 - On or off site
- Group personal training
- Employee interest surveys
- Fitness Testing
- Employee Nutrition and Weight Management
- Stress Reduction/Life balance programs
- Health and Wellness fairs
- Employee Massage
- Membership Discounts



PROGRAM BENEFITS

For Employers:

- Enhanced recruitment and retention of healthy employees
- Reduced healthcare costs
- Decreased rates of illness and injuries
- Improved Relations and Morale
- Reduced employee absenteeism
- Increased Productivity

For Employees:

- Improved general health
- Lower stress levels
- Weight reduction
- Improved physical fitness
- Increased stamina
- Increased well-being, self-image and self-esteem

ABOUT US

Elements of Exercise is a Dearborn based family owned corporation established in 2007.

We are the leading group fitness provider in Southeastern Michigan, conducting over 100 fitness classes per week in more than 25 locations.

Our instructors and personal trainers are AFAA or ASCM certified and are committed to providing effective and fun sessions with proven results.

For more information, call

1.888.363.3635

or email

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