

PEACHTREE CENTER ATHLETIC CLUB

POWERED BY PLUS ONE

Corporate Wellness



Lunch and Learn Topics

“Deskercise”: Office Routines

De-Stress and Stretch

Eating Healthy in the Food Court

Exercise Programming For Dummies

Get Limber: Flex Appeal

Goal Setting

Investing in Your Future: A Corporate

Wellness Approach

Motivation for Healthy Living

Nutrition 101

Training for a 5K/10K

Understanding Fitness

Wellness in the Workplace

On Site Fitness Classes

AbSolution

Yoga

Mat Pilates

Core and Stability

Get on the Ball!

Upper Body Solutions

Lower Body Solutions

Relaxation

Cardio Box

Functional Training