



JUNCTION9

CORPORATE WELLNESS PASS

A man and a woman are performing a yoga pose in a studio. The man is in the foreground, leaning back with his arms raised. The woman is behind him, also leaning back with her arms raised. They are both wearing black athletic wear. The studio has large windows in the background and a brick wall on the right side.

YOGA & PILATES CLASSES

Junction 9, through our Corporate Wellness Pass, offers a unique service to corporate Calgary and other local businesses that allows your teams and employees to maximize the health benefits of Yoga & Pilates by way of joining our studio community.

How it works is fairly simple; once the pass is purchased we will take a list of employees that can use it and anyone who comes into the studio under the Corporate Wellness Pass can choose between Yoga or Pilates.

It will be your responsibility to manage the expectations for how many classes your employees can use under the pass. As long as there are current passes, and the correct name on our most recent employee list we will allow them to take a class.

When your pass runs out you can either email approve the purchase of an additional class pass with a current credit card on file, or come in to top up the account and/or Manage payment in studio to keep passes active.

If you are interested in holding on-site classes with one of our Yoga or Pilates teachers please contact our studio or email info@junction9.ca for more details.

EMPLOYEE BENEFITS

Employees that are happy and full of energy are more productive

Decline in stress-related sick occurrences

Improved concentration, decision-making skills and ability to multi-task

Relief of head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure and work-related injuries from repetitive motion

Better customer service

Enhanced employee attitude and outlook

General well-being in the workplace which reduces employee turnover

A person is performing a Pilates exercise on a reformer machine. They are lying on their back with their legs raised and bent at the knees, holding onto the straps. They are wearing black leggings with white horizontal stripes and black pointed-toe shoes. The background shows other reformer machines and a studio setting.

BENEFITS OF PILATES

POSTURAL ALIGNMENT

IMPROVED CORE STRENGTH

STRESS REDUCTION

MUSCLE DEFINITION

WEIGHT LOSS

INCREASED FLEXIBILITY

INJURY PREVENTION

IMPROVED CONCENTRATION

MIND-BODY AWARENESS

COORDINATION AND BALANCE

PRICING

100 class pass \$1800_{+GST} [\$18/class]

50 class pass \$950_{+GST} [\$19/class]

20 class pass \$399_{+GST} [\$19.95/class]

regular drop in pass \$28_{+GST}



BENEFITS OF YOGA

AFTER CLASS

IMPROVED BRAIN FUNCTION
LOWER STRESS LEVELS
ALTER GENE EXPRESSION
INCREASED FLEXIBILITY

AFTER A FEW MONTHS

LOWER BLOOD PRESSURE
IMPROVED SENSE OF BALANCE
IMPROVED LUNG CAPACITY
LOWER BLOOD SUGAR LEVELS IN DIABETICS
RELIEF FROM CHRONIC BACK PAIN
REDUCED CHRONIC NECK PAIN
ANXIETY RELIEF

AFTER YEARS

LOWER RISK OF HEART DISEASE
HEALTHY WEIGHT
STRONGER BONES

PRICING

100 class pass \$1000_{+GST} [\$10/class]

50 class pass \$550_{+GST} [\$11/class]

20 class pass \$240_{+GST} [\$12/class]

regular drop in pass \$19_{+GST}



CONTACT

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