WELLNESS NEVER FELT SO GOOD.

POUND®

ROCKOUT. WORKOUT.

TEAM BUILDING.

MAKE YOUR NEXT CORPORATE EVENT ONE TO REMEMBER.

CORPORATE EVENTS | TEAM BUILDINGS | WELLNESS DAYS

GET YOUR EMPLOYEES MOVING WITH POUND. THE ROCKOUT. WORKOUT. A HIGH-INTENSITY CARDIO DRUMMING WORKOUT

45 MIN WORKOUT

15 MIN STRETCH

YOUR WORKOUT.

100% SWEAT

100% PARTY

BENEFITS

PHYSICAL

IMPROVED BODY CONDITIONING

IMPROVED HAND EYE COORDINATION

IMPROVED BODY AWARENESS

IMPROVED BALANCE AND COORDINATION

MENTAL

GREAT STRESS RELIEVER

IMPROVED EMOTIONAL STATE

SENSE OF COMMUNITY AND CONNECTION

MENTAL STIMULATION

WWW.MKPHYSIO.CARE/POUNDFIT

MICHELLE: 082 88 55 120