

**About The Company.** *Strengthening minds and bodies in the community with practical skills to improve fitness, health and mind.*

**We are a locally - owned Employee and Private Health Fitness business. Our “Turn Key” Fitness Classes and Life Style Skills Learnings are on site and affordable.**

**We specialize in a wide variety of fitness trainings and health topics including back health, injury prevention and weight management techniques proven to work with regular practice.**

**Our programs are fresh, engaging, fun and they get to the point. Our classes plug in to any size business with, or without and an employee health promotion platform.**

**How We Work.** We will meet with you to discuss the unique needs of your people and discuss the type of classes, or learnings you might consider. For instance, back pain, core strength, stress management, diabetes, how to eat and count carbohydrates, and more. We offer discounts for a full year of combination bookings.

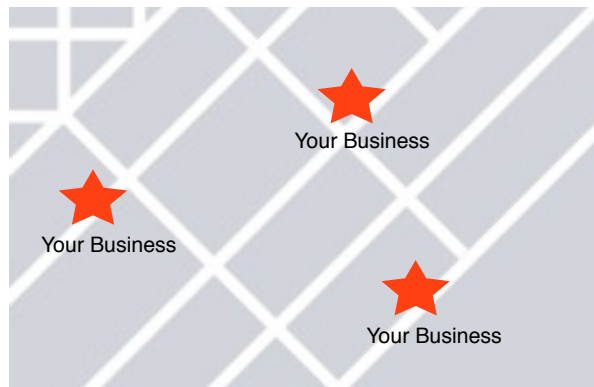
## About Our President



Evelyn Oberdorfer has 25 years of corporate and private health fitness experience. She is a national fitness expert who works with people, personal and Pilates trainers, and organizations of all sizes teaching skills proven to improve how one looks and feels. Her credentials include: a degree from the University of Minnesota, certificates from America's leading authority of fitness the American Council of Exercise (ACE), the National Exercise Trainers Association (NETA), Polestar Pilates and Sante Fe Pilates, as well as a variety of cutting-edge certifications in health and fitness.

Evie is a National Fitness Presenter for NETA. She was selected to help roll out one of the first successful Pilates Reformer programs in the Twin Cities for Northwest Athletic Clubs. She is actively engaged in diabetic advocacy efforts, distance trail running and motivating people to care for their health.

*“It’s not what you do, but how you do it that makes, or breaks, a body. No matter what the class or workshop, my goal is to teach people to move with efficiency, balance and grace, whether boxing, fishing, walking, or sitting at a desk.”*



# Core SOULutions Fitness & Health



**Organizational Health Fitness And Life Style Skills THAT WORK.**

[www.CoreSOULutionsFitness.org](http://www.CoreSOULutionsFitness.org)



- Turn Key ■ On Site
- Fitness Classes ■ Pilates
- Yoga ■ Back Health
- Lunch Learnings

# Turn Key Fitness Classes

- **Mind Body** - Pilates. Yoga. Restorative Stretch. Foam Roller. Posture Pilates. Core Strength.
- **Cardio Strength** - Cardio Boxing. Indoor/Outdoor Boot Camp. Kettle Bells. Low-Impact Strength. Fat Burning. Muscle Sculpt. No Equipment Needed. Yoga Strength. PiYo,
- **Lunch Learnings** - The Portion Game. Back To Back. Diabetes Today. You And The Cave Man. Lose To Win. Posture As You Work.



## Mind Body

This term can be defined as the inseparable connection between the mind and body. Over time stressful thoughts and habits display themselves physically as headaches, poor posture, inflexibility, pain and illness. Our mind body classes help people learn how to slow down and improve health fitness, thoughtfully.



**Classes for men and women**  
Growing interest

Women typically lead in class attendance. We stimulate interest for men with classes designed especially for them. Titles include "Back Attack For Men" and "That Old Football Injury". Naturally, classes are always open to both male and female students.

[www.CoreSOULutionsFitness.org](http://www.CoreSOULutionsFitness.org)  
612.202.8972

## Pilates

The ultimate mind, body experience. Pilates exercises teach people how to balance movement between the three curves of the spine to reduce compression to it and the vertebral discs. Physical rehabilitation crosses into the world of fitness to improve posture, performance, and to move with efficiency.



**Building good will in the community**  
On site classes and lunch learnings

A recent report said that companies now lead the way in getting people into fit. Part of this relates to insurance premium credits, or reductions to company's that report fewer health claims in tandem with employee health and wellness programming. Some clients open their doors to friends and family of their employees as well as, to the public. This can help spotlight your commitment to community, and help grow class participation to reduce class fees.

## Cardio Strength

Muscle and heart strength are key to improving our culture's life style related health risks. Fusion cardio strength classes teach the best of both worlds. Muscle resistance improves bone mass and metabolism. Cardiovascular exercise brings oxygen rich blood to all parts of the body and brain.



**Employee health benefits**  
On site health fitness classes offer a competitive edge to current employees, and new recruits.

A 2008 Health Benefits Planner study reported that people who started an exercise program at least 8 days per month experienced a 33.6 average reduction, and a 64.3% reduction in facility claims. Almost 95% of people said that their health improved as a result of exercise.

## Certified Master Trainers

Our teachers are highly skilled and certified. They have years of experience, university degrees, group fitness, personal training and training from reputable Pilates organizations. These requirements are crucial because teachers without this knowledge can cause more harm than good.



**Fitness class fee arrangements**  
8 week sessions

**Participant Paid**  
11-15 Students: \$100/session = \$10/class  
10 Students: \$120/session = \$12/class  
7-9 Students: \$140/session = \$14/class  
Employer Paid Administration Fee \$45

**Employer Subsidized**  
10 Student Example: \$960/session  
Employer Paid Administration Fee \$45

**50% Employer Subsidized**  
Employer: \$480  
Employees: \$480  
Each Student: \$48/session = \$6/class

\*Administration fees include service transactions, substitute teachers, online student motivation and education, class advertising.

Contact us at for information on classes, lunch learnings and workshops.