

The Membership Program

Corporate Wellness Events and Classes Employees Are Excited About



About Mindful Mob

- Las Vegas based corporate wellness company that offers fully customizable on-site and virtual wellness classes and events all over the US + world.
- We offer a roster of corporate programs offered as one off events as well as weekly or Bi-weekly ongoing classes.
- We love to hire the best people and match their unique expertise with our clients, whether you're a uniform manufacturer in California, dental insurance company in AZ, a Cyber Security Firm in Canada, or a global cosmetics corporation - We got you covered!



50+

wellness experts across the US and growing



20+

customizable wellness classes and events offered onsite, remotely or hybrid



700+

Classes offered at companies in 2024 - we have the experience you're looking for.

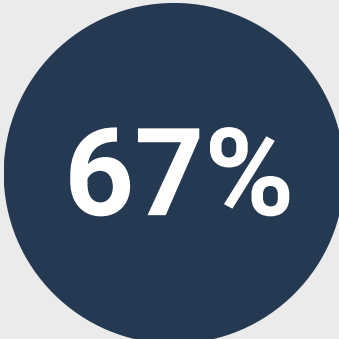


50,000+

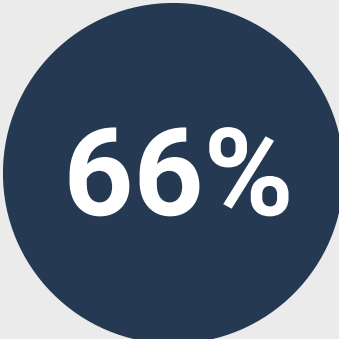
Employees have received wellness tools to combat stress, overwhelm, burnout & more in 5 years

International Foundation of Employee Benefit Plans - Case Study

According to IFEBP's study of Employers Offering Wellness Programs



Reported Increased Employee Satisfaction



Reported Increased Productivity



Reported Decreased Absenteeism

Why is Corporate Wellness Important?

3 hrs

On Average, US employees are productive less than 3 hours a day

61%

Of employees are burned out on the job

66%

Of US Employees are actively disengaged from their job

An actively disengaged employee costs an organization \$3,400 for every \$10,000 of salary, or 34%.

89% of employees at companies that support well-being are more likely to recommend their company as a good place to work

Of employees polled, 61% agreed they have made healthier lifestyle choices due to their company's wellness program



Source: <https://sandiegowellnesssource.com/why-choose-corporate-fitness>



The Membership




Weekly live virtual classes providing employers with a flexible and budget-friendly way to offer an employee wellness program, promoting well-being for teams of all sizes.



Employee Wellness Membership


Give your employees a chance to get healthy & have fun, while reducing stress with our experienced coaches.

3 live 15-25 minute virtual weekly sessions

 Monday = Body Weight Bootcamp (25min)  Wednesday = Yoga + Stretch (25min)  Friday = Guided Meditation (15min)

Employee wellness that's affordable, accessible and impactful!

 Just \$500/month, all your employees (for companies with under 200 employees*) can enjoy these 3x classes per week, a saving of \$3,000 per month.

 Classes are held live each week via Zoom, allowing employees from any company to join alongside other members of the Mindful Mob Membership program.

*For companies with more than 200 employees, please inquire about pricing.