

URBAN CORE
Fitness | Health | Wellness

2025 WELLNESS CATALOGUE



CORPORATE PROGRAMMING

ABOUT US

WHO WE ARE

Urbancore is a Toronto-based fitness philosophy with the mission of living well while living on-the-go. Since 2010, we have worked to bring our passion for health, well-being and exercise to hundreds of clients nationally through mobile fitness classes, facility management, corporate wellness programs and all aspects of coaching.

Our dedicated team of experts – ranging from certified personal trainers to holistic nutritionists – work with clients across North America to deliver custom wellness solutions that inspire, challenge, motivate and achieve results.

Whether you're looking for one-on-one personal training or customized wellness programming for tenants or employees, Urbancore will work to deliver engaging, innovative programs that make an impact.



CREDENTIALS

Urbancore employs over 120 wellness professionals who proudly represent our brand. We have successfully developed, managed and executed a number of wellness programs with hundreds of companies across the GTA and have recently expanded across Canada and the U.S.

Our team includes fully certified instructors, health practitioners and partners with a proven record of success. We have been working with hundreds of organizations over the past 14 years and continue to grow and diversify our portfolio. We are thrilled to be presenting you with our 2025 wellness catalogue for in-person, virtual and hybrid offerings that we believe have been crafted and customized to reflect your organizations' wellness goals along side Urbancore's service standard and attention to detail.



**OVER 15 YEARS
EXPERIENCE**



**NETWORK OF OVER
150 WELLNESS
PROFESSIONALS**



**OPERATING
ACROSS CANADA
& IN THE U.S.**



**LICENSED &
INSURED**



**FULLY
CUSTOMIZABLE
PROGRAMS**

HOW IT WORKS

BOOKINGS

All of our offerings can be booked individually. There's no term contract or commitment. The prices are also inclusive of us handling class registration, marketing and communications if you so choose. Once programming is confirmed, we will provide a promotional flyer and any other marketing materials for distribution. Registration and waiver completion is done online through www.yoururbancore.com and reminders along with confirmations are sent leading up to the event date. Service providers are scheduled and confirmed through Urbancore.

TYPES OF PROGRAMMING

Fitness Classes: Our Fitness Classes are typically designed to run for 45 minutes, unless otherwise requested, offering a convenient yet effective workout session. These classes cater to a wide range of fitness levels, ensuring that everyone, from beginners to advanced participants, can find a suitable challenge.

Appreciation Events: Our Appreciation Events are thoughtfully designed to celebrate and recognize employees or tenants in a meaningful way. Fully customizable, these events can be tailored to fit your specific needs, whether you're looking to offer a relaxing retreat, a team-building experience, or a fun and engaging activity. Prices for these events vary based on factors such as the number of facilitators or practitioners required, the complexity of the activities, and the overall duration of the event.

Special Programs: Our Special Programs offer a deeper, more immersive wellness experience, designed to help participants explore specific areas of personal growth or well-being in a focused and meaningful way. These programs are structured to run over several sessions or weeks, allowing time for reflection, skill development and lasting transformation.

Hands-On Workshops: These workshops offer an interactive, engaging experience where participants learn through direct involvement. Many workshops include take-home components, allowing you to leave with both new skills and a unique creation to keep or share!

Wellness Workshops: Designed to offer practical tools and guidance to enhance your physical, mental, and emotional well-being. Led by expert facilitators, these workshops cover a range of topics, from stress management and mindfulness to mental health and nutrition, providing valuable insights and strategies for living a healthier, more balanced life.

FAQ

We don't have a physical location to hold classes - can we still have a wellness program?

Absolutely! We are able to facilitate most of our offerings online and have set up several successful virtual programs for clients & properties without a physical space.

How much notice do you need to setup an event or class?

Ideally, one week for fitness classes and general workshops and two weeks for appreciation events and hands-on workshops. But, we are flexible!

Does your programming align with Fitwel?

Yes! The majority of our fitness classes satisfy Fitwel requirements.



FULL YEAR OF WELLNESS

PRE-SELECTED PACKAGES

SAVE BY
BOOKING A
PACKAGE!

Get a jump start on your wellness programming with one of our 2025 packages! We've put these together based on popularity, to take the guess work out of planning. Our wellness packages include one, predetermined 45/50 minute online or live event per month. We'll provide all the marketing materials, service professionals and event registration - just choose the package that suits you.

WORKSHOP PACKAGE

JAN	Creating Healthy Habits
FEB	Self-Care
MAR	Find Your Focus
APR	Urban Gardening
MAY	Clear the Clutter
JUN	Digital Detox
JUL	Supermarket Smarts
AUG	Stress Less
SEP	Preventing Burnout
OCT	Boundary Setting
NOV	Mind Your Money
DEC	Beat the Seasonal Bulge

VIRTUAL: \$3500
LIVE: \$4600

FITNESS PACKAGE

JAN	Yoga
FEB	Body Conditioning
MAR	Sculpt
APR	Hard Core
MAY	Bootcamp
JUN	Cardio Kick
JUL	Zumba
AUG	Yoga Flow
SEP	Meditation & Stretch
OCT	Pilates
NOV	Posture Power
DEC	Yogalates

VIRTUAL: \$1500
LIVE: \$1850

APPRECIATION PACKAGE

JAN	Embracing Gratitude
FEB	Loose Leaf Lab
MAR	Meal Prep
APR	Wits in the Wild
MAY	Blend & Boost
JUN	Mixology
JUL	Paint Night
AUG	Puppy Yoga
SEP	Vision Boards
OCT	Air Plant Terrariums
NOV	Greeting Cards
DEC	Make Your Presents Pop

LIVE: \$4700
(PLUS COST PER PARTICIPANTS)



FITNESS CLASSES

We offer a wide variety of fitness and wellness classes to suit your every need. Below is our full set of current offerings. Each session is 45 minutes long with live classes priced at \$159 and virtual at \$129. Hybrid options and class recordings are also available.

AEROBICS

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness.

ANIMAL FLOW

Animal Flow is ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility, and coordination.

BARRE

Use a combination of postures inspired by disciplines like ballet. Barre focuses on isometric strength training combined with high repetition of small range-of-motion movements.

BELLY DANCING

Get ready to sway your hips in this torso-driven style of dancing. Through articulated isolated motions, we'll work our glutes, oblique's and quads. This cardio workout will leave you smiling and sweating.

BODY CON

This class focuses on each of the body's muscle groups while toning and incorporating a cardiovascular element. We'll elevate the heart rate, strengthen our muscles and improve flexibility.

BOLLY X

Bolly X combines dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving and smiling.

BOOTCAMP

Bootcamp mixes traditional body weight exercises with interval training, strength training and core work. These classes lead to fast results and improve strength, stamina and endurance.

BREATHWORK

Breathwork allows participants to achieve a greater sense of self-awareness and capacity for self-healing. Slow, controlled movements reduce the risk of stress, strain and injury.

CARDIO KICK

Here we combine martial arts techniques with fast-paced cardio. This high-energy workout builds stamina, improves coordination, flexibility and burns calories as you build lean muscle.

CHAIR YOGA

Discover the benefits of yoga in a supportive and accessible format. This gentle practice is designed for individuals of all ages and fitness levels, particularly those with limited mobility or looking for a more adaptable yoga experience.

HARD CORE

This class will focus on strengthening your core muscles through a series of compound movements. The goal is to improve not only your core strength but your balance, foundation, mobility and endurance as well.

HATHA YOGA

In this foundational style of Yoga, we emphasize the importance of staying present and focussing on the breath. In this class we aim to find balance between strength and flexibility as we align the body to allow our inner energy to flow freely.

FITNESS CLASSES

HEALING YOGA

Experience a more holistic form of Yoga. In this class, participants will experience a practice that prioritizes healing your body with alignments and asanas. It can also be meditative to soothe and calm the mind.

MEDITATION

This class focuses on techniques for resting, relaxing and clearing the mind. Stretching reduces the risk of stress, strain and injury and allows for the flow of blood and oxygen into our muscles and brain.

SALSA YOGA

In this class we bring together the vivacious sounds of Latin music and the restorative focus of yoga to create a dynamic experience. We'll tone and strengthen our muscles while keeping it fun and energetic.

SPIN

This exhilarating and fun workout combines motivating music with dynamic cycling routines, designed to boost your endurance, strength, and cardiovascular health. Note: Spin bikes are required (rentals available).

HIIT

High intensity interval training incorporates a series of rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of lower intensity movements.

PILATES

This low-impact workout focuses on core strength, flexibility, and overall body alignment. Through controlled movements you'll engage your muscles, improve posture, and enhance body awareness.

SCULPT

Sculpt class focusses on muscle-toning and building core strength. We'll be using resistance bands to work different muscle groups through repetition, strength and control. Resistance bands will be provided.

STAIR FIT

This class provides the ultimate, full body staircase workout. Each class will include some light exercises and stretching as well as a challenging stair climb workout to promote cardiovascular health. All you need is a set of stairs!

HIP HOP HURRAY

Get ready to move! This class combines the infectious rhythms of hip hop music with dynamic dance moves, offering a high-energy workout that's perfect for burning calories and improving your cardiovascular health while having a blast.

POSTURE POWER

Stand taller, move more freely and feel your best! This specialized workout focuses on the muscles that support your spine, helping to alleviate tension. Incorporating elements of strength training and stability work, this class emphasizes proper alignment.

SELF DEFENCE

Learn practical, effective, self-defence moves with cardio conditioning, strength training and flexibility exercises. Build your stamina and master appropriate reflexive responses to potentially threatening situations.

TAI CHI/QI GONG

Combining the classic mindfulness and meditation practices of Tai Chi and Qi Gong, this class leaves participants more grounded, flexible, and stable in mind and body. We'll focus on controlled breathing while slowly performing a series of movements and exercises.

FITNESS CLASSES

Don't see what you're looking for? Through our network of wellness instructors we can accommodate most requests! Just send us an email and we'd be happy to help:

corporate@yoururbancore.com

YOGA

Described as the practice of physical postures or poses, yoga uses specific movements to strengthen our muscles, improve breathing, flexibility and balance. This class encourages you to relax your mind.

YOGA FLOW

Experience more fluid movement as we use traditional yoga postures and poses in a more continuous way. In this class we'll deepen the connection between breath, movement and the mind.

YOGA SKILLS

In this unique Yoga class we'll spend time practising some of the discipline's tougher poses. With added attention to alignment and posture, we'll work towards finding stability, grounding and deepening our stretches.

YOGALATES

Harness the physical and mental benefits of both yoga and pilates. This unique workout combines the strength and core stability of Pilates with the flexibility and mindfulness of yoga.

YIN YOGA

A slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with postures that are held for longer periods of time than in other styles for a deeper stretch.

ZUMBA

This class provides a total workout including elements of cardio, muscle conditioning, balance and flexibility. Incorporating upbeat music from around the world, it's a fun and dynamic workout which tones and sculpts the body.

TESTIMONIALS

These classes are so good for my mental as well as my physical health -- I never used to get away from my desk all day and this makes such a difference. I'm so glad you are able to offer these great classes to us."

- Michelle, Law Clerk - Minden Gross

Lauren's positive energy, motivation and well-rounded service have added an extra touch to our buildings' amenities and we are pleased to have her on board working with us."

- Elaine de Menzes - Brookfield Properties

I highly recommend Urbancore. The wellness program has become a valuable asset to our building as we strive to provide the best customer service experience to our tenants."

-Christopher Amoah - Oxford Properties

APPRECIATION EVENTS

Looking for a more customized event to celebrate a wellness day or offer employee appreciation?
We've got you covered!



TEA LEAF READING

Join Urbancore and one of our wellness experts for a fun Tea leaf reading. Tasseology is a fortune-telling method that uses tea residue on the bottom of the cup to predict what the future will bring to the tea drinker.

BEARDS & BROWS

Custom tailed grooming solutions that drive employee experience and engagement while saving you time on your current self-care routine. Urbancore is excited to bring to you a barbering & brows service on site to get you trimmed up and feeling great!

FLORAL OFFERINGS

Celebrate a special occasion with flowers! We'll set up an activation filled with vibrant blooms, soothing scents, and uplifting vibes. Participants will receive a small arrangement of in-season flowers and a specialized wellness take-home booklet that aligns with the season or occasion.

MANIS & PEDIS

Join us for your choice of a Shellac manicure or Shellac pedicure done by one of our talented nail technicians from Blade Beauty Boutique. Shellac is a light curing gel polish product that lasts up to 14 days without smudging. This includes a nail shaping, buffing and a cuticle clean up.

CHAIR MESSAGES

Unwind with a relaxing 20 minute chair massage to reset your day. The benefits are clear with a mid day massage heightening employees' sense of wellness, calm, relaxation and belonging – thereby reducing workplace stress and improving productivity.

ART THERAPY

Let us create a unique art therapy kit for participants to take home! These pre-packaged kits will have all the tools necessary to help you create a beautiful piece of art that looks professionally crafted! Kits will contain a QR code to a personalized instructional video led by one of our wellness experts. Participants can follow along as they're taught all the techniques needed to paint like a seasoned pro.

JAZZ BRUNCH

Treat your ears and taste buds! Catered by Kettleman's, we'll be dining on fresh Montreal-style bagels baked in a wood burning oven all while enjoying some live jazz music by some of Toronto's most talented vocalists and musicians.

MOVIE DAY/NIGHT

Who says you can't unwind at your workplace? Urbancore has a fun solution for your regular work routine that will help improve workplace culture. Join us for an afternoon with snacks and a classic flick that everyone is sure to enjoy.

SPECIAL PROGRAMS

Looking for something more in depth? Check out our special programs which are designed to bring you a more immersive experience. For more information, please email us at corporate@yoururbancore.com.

5 WEEK LEARN TO RUN/ WALKING CLUB

Urbancore is excited to offer our Learn to Run and Walking Club programs in 2025, designed for all fitness levels. Whether you're progressing from walking to running intervals or setting a steady walking routine, these programs will help you build endurance and reach your goals. The Learn to Run program will guide you towards running your first 5K, with weekly live runs led by certified professionals to teach running techniques, transitions, and stretches. Meanwhile, our 5-week Walking Club will focus on boosting your immune system, improving cardiovascular health, and promoting overall wellness through customized schedules and weekly brisk walks with a coach, complete with stretching and motivation tips.



STARTING AT \$699

21 DAY BREATH, MEDITATION OR STRETCH CAMP

Master your mind and emotions in 21 days through a comprehensive and transformational breath-work, meditation or stretch program designed for beginners and advanced students alike. These sessions will teach you fundamental, science-based, easy to apply and effective methods to support you with:

- Regulating your emotions & nervous system
- Increasing your energy, focus & immune system
- Decreasing anxiety, stress, and depression
- Regulation of digestion, metabolism & circulation
- Improving your sleep



VIRTUAL ONLY \$399

4 PILLARS OF RESILIENCE

Resilience is defined as how one "deals effectively with pressure, ambiguous and emerging conditions, and multiple tasks". This series of workshops is all about learning how to remain optimistic in the face of adversity or uncertain circumstances. Learn how to quickly recover from setbacks and gain valuable insights from mistakes that you can carry forward.

The four pillars of resilience series will cover 4 main aspects of resiliency each week: mental, physical, social and spiritual. Join us to learn how to balance these four components to help strengthen your life.



STARTING AT \$1100

SEASONAL ALIGNMENT PACKAGE

Join one of our wellness experts for an interactive alignment workshop for each of the four seasons! As we enter a new season, there are natural changes to the landscape and environment around us as a whole. These workshops are designed to align your body with the spirit and energetic meridians associated with every new season through breathwork, meditation and gentle movement. Workshops include: Winter Warm-Up, Spring Tune-Up, Summer Set and Fall Into Alignment.



STARTING AT \$480

HANDS ON WORKSHOPS

Our hands-on workshops are designed to be more of an interactive experience for participants. These are great for team building events and lunch and learns!

VISION BOARDS

A vision board is a visual representation of your goals, dreams and affirmations. These poster-sized visuals contain all kinds of images and texts to allow one to encourage themselves into their desired reality. Both fun and relaxing, this workshop allows participants to get to know themselves and their dreams while practicing mindfulness and goal setting.

DURATION: 60-75 MINS
STARTING AT \$399
PRICE PER PERSON: \$18

ESSENTIAL OILS

In this make n' take workshop, we'll be focusing on the most commonly used essential oils. Come learn the different ways oils can be used efficiently - from simple pharmacy and skincare, to household needs and how they can benefit your mood, emotions and everyday lives. This is an interactive workshop where we'll be creating scents to take home.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$18

URBAN PLANTING

Join one of our soil scientists for an in-depth look at plant care. We'll take a look at planting 'do's and don't's', how to diagnose common issues, watering tips and tricks and sunlight essentials. This is an interactive presentation so participants are encouraged to come prepared with their questions and queries. We'll also be doing a live planting which will include a re-potting and taking home a plant of your own.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$14-\$25

MEAL PREP

Your personal meal prep coach will give you the tools and skills to meal prep regularly and enjoy cooking fabulous, healthy food! Learn how to feed yourself and your family well, while saving time on cooking. You'll learn new flavourful dishes and snacks, healthy options and alternatives, proper portion sizes and practical cooking techniques. The menu will include 3 days of lunches, 2 unique snacks and one breakfast recipe. This workshop also includes a grocery shopping and equipment list .

DURATION: 60-75 MINS
STARTING AT \$399
PRICE PER PERSON: \$29

PUPPY YOGA

All the benefits of a traditional yoga class... but with puppies! In this special class we'll use postures and poses to strengthen our muscles, improve breathing, flexibility and balance, all while adorable puppies roam around the room. You can expect anywhere from 5-8 puppies per class, depending on availability. We'll provide the extra bodies needed to clean up and make sure the pups get circulated around the room. All you need to provide is the space.

DURATION: 60 MINS
STARTING AT \$1100

DESIGN A SIGN

In this workshop, you'll have the opportunity to create your very own custom wooden sign, guided every step of the way by our experienced instructor. Whether you're a beginner or have some crafting experience, this hands-on event is perfect for everyone. You'll start by choosing your design—either using one of our pre-made stencils or unleashing your creativity with a freestyle design and our instructor will walk you through the rest!

DURATION: 60-120 MINS
STARTING AT \$399
PRICE PER PERSON: \$35



HANDS ON WORKSHOPS

AIR PLANT TERRARIUMS

Looking to add a little easy-to-care-for greenery to your home or office space? Join us for this fun terrarium building workshop! Each participant will be provided with an air plant and a variety of decorative materials to build their very own terrarium. We'll also explore the various benefits of plants, especially during the winter months and you'll learn just how to care for your new air plant friend.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$18

WITS IN THE WILD

Whether hiking a local trail or back-country camping in the remote wilderness - being in nature requires you to be alert. In this workshop, we'll cover topics ranging from fire building and navigation skills to emergency preparedness and dealing with furry friends. The following optional add ons are available: plant dye making, mushroom print making, cordage making, spoon carving and willow wreath making.

DURATION: 60 MINS
STARTING AT \$399
EMAIL FOR ADD ON PRICING

CANDLE MAKING

This ancient practise, both therapeutic and practical, can help to reduce stress and increase our self-awareness through low light and calming scents. In this workshop, participants will learn the various benefits of different essential oils and will be provided with a selection of materials to create a unique candle to take home and add some warmth for the upcoming winter season.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$22

FASCIAL STRETCH THERAPY

Release stress, relieve pain and regain energy. Fascial refers to the connective tissue that accounts for 20% of our mass. By using movement, stretching and massage techniques, we can work towards healing the fascial and improving our body on a cellular level. These relaxing sessions help to relieve pain by loosening the tissue, allowing it to regain elasticity and prevent our bodies from making compensating movement patterns that lead to pain and injuries.

DURATION: 20 MINS
(24 INDIVIDUAL SESSIONS)
STARTING AT \$999

MAKE YOUR PRESENTS POP

Join us for this fun-filled workshop on present wrapping where you'll learn the art of beautifully wrapping gifts for any occasion! Whether you're a novice or a seasoned pro, our expert wrapper will guide you through various wrapping techniques, show you how to embellish with accessories and ribbon, and give you tips on picking good quality paper and toppers. With step by step demonstrations, you'll find the inspiration to truly make your presents pop.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$18

HOLIDAY HOSTING

Impress your family and friends this season with our Holiday Hosting workshop! Join us as we learn how to create an exquisite charcuterie board by using different arrangement techniques. Learn how to select a variety of crackers, meats, cheeses, nuts, veggies & fruits to satisfy every palate. And what's charcuterie, without a little bit of wine? Let our hostess help you select budget friendly vinos for a lavish tasting experience.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$25

PAINT NIGHT

Paint night is a creative way to get to know your coworkers, de-stress and create a masterpiece! You will be instructed by one of our artists to paint in a fun and judgmental free environment. All canvas, paint and materials will be provided by our team and the rest is up to you.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$45

MIXOLOGY

In this fun workshop, we combine learning, teamwork, creativity & cocktails! Participants will learn the basic rules for making a great beverage. You will team up and create different cocktails and learn creation techniques. *Ask about our Whisky & Cigars or Summer Sangria experience!

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$25

SOAPS N' SUDS

In this fun and relaxing workshop, participants will have the chance to create their own natural soap! We'll begin with a light meditation & sound bath to set the tone. The facilitator will then teach participants the process of soap making, how to layer their soaps and how to pick essential oils most suitable to their needs.

DURATION: 60 MINS
STARTING AT \$399
PRICE PER PERSON: \$18

WELLNESS WORKSHOPS

NEW
FOR
2025!

We offer a wide variety of wellness workshops centred around nutrition, mental health and general interest. Each of our workshops are minimum 50 minutes and can be hosted live or virtually. Virtual workshops start at \$299 and live workshops start at \$399. Pricing may vary depending on materials.

Coffee Chronicles: Crafting Your Perfect Brew

Explore the fascinating world of coffee in this interactive session! Learn about its history, from its Ethiopian origins to global influence, and discover how different bean types and roasting processes impact flavor. We'll cover brewing methods, water temperature, and grinding techniques to help you perfect your coffee-making skills. Add-On: Sample a variety of coffees to find your favourites!

\$399 LIVE (\$18 PER PERSON)

Embracing Gratitude

Reignite your sense of gratitude in this mindful workshop. Through creative activities, guided journaling, affirmations, and meditation, we'll help you reconnect with the positive aspects of life and recharge when you need it most. Take a moment for yourself and rediscover all you have to be grateful for.

\$399 LIVE (\$18 PER PERSON)

Blend & Boost

Learn how to create delicious, nutrient-packed smoothies that boost immunity, aid digestion, enhance cognitive function, and more. We'll cover essential tips for building the perfect smoothie, choosing healthy add-ins, and making flavor-packed combinations. Plus, discover ways to save time by prepping your blends in advance. Participants will enjoy a freshly made smoothie and receive a recipe book to take home.

\$399 LIVE (\$18 PER PERSON)

Loose Leaf Lab

Whether you're a tea enthusiast or a beginner, this workshop will deepen your appreciation for loose leaf tea. Explore the history and variety of teas—green, black, oolong, and herbal—and learn how they're cultivated, processed, and brewed to bring out their unique flavors. We'll cover steeping tips, water temperatures, and blending techniques. Add-On: Enjoy guided tastings to refine your palate and create your own custom tea blend to take home.

\$399 LIVE (\$18 PER PERSON)

Greeting Cards

Join us for a fun and creative workshop where you'll paint your own beautiful watercolour greeting cards, perfect for birthdays, holidays, or any special occasion. Whether you're a beginner or have some experience with watercolour, you'll be guided through simple techniques to create unique, hand-painted designs.

\$399 LIVE (\$25 PER PERSON)

Chunky Blankets

Get together and learn how to make a chunky blanket step-by-step. Forget knitting needles— this project is completed through the art of arm knitting, and it is very beginner friendly!

\$399 LIVE (\$55 PER PERSON) DURATION: 120 MINS



NUTRITIONAL WORKSHOPS

Food Allergies 101

In this workshop participants will learn possible contributing factors to the rise of the allergy epidemic. We'll explore ways to help strengthen the body's immune and digestive systems to reduce the risk of developing food sensitivities and learn how to overcome them.

Gut Health Part I

Have you ever experienced chronic pain, inflammation, digestive upset, anxiety, depression, skin disorders or an increase in food sensitivities? Learn how our gut health can be the root contributing factor to a wide range of symptoms and imbalances and what you can do to support this.

Kick the Sick

Did you know that about 80% of your immune cells are found in your gut? That's why gut healing foods like soups and broths are so important to prevent us from getting sick! Come learn about how to support your immune system using foods and nutrients to improve your resilient microbiome.

Beat The Seasonal Bulge

The holiday season often includes food - and lots of it! Whether it's dinners with family or friends or endless snacks and treats at the office parties, we'll help you learn tips and strategies for healthy eating during the holidays.

Picky Eater's

Are you a picky eater or do you have one in your home? Struggling to find new ideas of what to make for your partner or kids? Join us for this informative workshop where we explore different meal ideas for those of us with a super refined palette, allergies and dislikes.

Popular Diets

Keto, Vegan, Paleo, Vegetarian; we've all heard these terms. There is a lot of information circulating regarding specific meal plans, but which one is right for you? Learn more about some of the popular diets and who they may benefit.

Gut Health Part II

In part two of the gut health series, we dive further into specific nutrition and lifestyle suggestions to nourish your body, build a resilient gut and support your main health concerns and wellness goals.

Food and Mood

Learn about how gut and brain health affect eating struggles and yo-yo dieting. Understand the root causes of how inflammation affects your well-being, how to manage food cravings and how to use nutrition to lessen anxiety and depression.

Fuel Your Workout Body

Choosing what to eat before and after your workout can be confusing. In this workshop you will learn about how to fuel your body pre and post workout, depending on the style and intensity.

Seasonal Soups

Become a soup-erstar at soup making! During this workshop we'll learn the fundamentals of creating your own homemade, healthy and hearty soups. Soups can be a convenient and quick meal option for the cooler months as they keep well as left overs and freeze with ease to enjoy at a later date. Come join us as we discuss how to build a good soup base, the roll of spices and seasoning, quick and healthy add-ins and how to pick the best protein.

Beat the Bloat

Do you feel like gas, bloating, and digestive upsets are your new normal? This workshop will leave you with a toolbox filled with tips on how to reduce bloating and gas and provide guidelines for optimal digestion. Good health starts in the gut! (Includes a handout and gut healthy recipe book)

Shake the Sugar Habit

Come learn about the negative effects that sugar has on the body and what foods you can eat that will stabilize your blood sugar levels so that you can stay energized throughout the day without hitting that afternoon slump.

Mastering Meal Planning

This workshop will teach you how you should plan your meals and snacks throughout the day to ensure you're getting the appropriate balance of nutrients and staying well fuelled. You will learn simple steps towards eating healthier and making well-balanced meals.

Supermarket Smarts

This informative workshop translates nutrition information into practice. You'll learn how to read nutrition labels, select lower fat products, choose the heart healthiest oils and much more.

Cooking Demo

One of our talented Holistic Nutritionists will guide you through a raw cooking demo of 2 the most challenging meals-- breakfast and snacks. We will provide all tools and ingredients to create an easy 'grab & go' breakfast of overnight oats and healthy snacking protein balls.

Introduction to Mental Health

This workshop will serve as an introduction to better understanding mental health. Participants will learn mental health awareness, the signs and symptoms of common mental illnesses, pillars for mental health wellness and helpful resources. The goal is for participants to start building confidence in having conversations around mental health concerns and for them to be aware of where to look and how to ask for support.

Effective Breaks

Proper breaks reduce mental fatigue, boost brain function and help you stay focused. Learn how to stay away from browsing the internet and working during breaks. Incorporating a moderate level of cardio activity or simply a walk which can boost creativity and productivity for up to two hours. Learn the power of a good nap and how snacks and foods you eat throughout the day can restore and rejuvenate.

Self-Care

Self-care is a key factor to improve your mood, reduce anxiety and live a balanced life. In what ways do you currently take care of yourself? Join us and learn how to improve your mental, emotional and physical health. This workshop will discuss the importance of self-care, how to actively plan for it, ways to practice it and additional resources.

Power of Positive Thinking

Let us help you understand the workings of the mind and why positive thinking is so important. Learn techniques and become equipped with the practical tools for creating and maintaining positive thinking and eliminating the toxins in your life.

Stress Less

This workshop will address the physical, physiological and psychological impacts of stress. It includes a series of techniques that you can use to manage and reduce your stress levels. During the session, we will try one of these techniques so you can experience the positive effects in real time. The overall goal is for participants to leave with a toolkit of best practices to integrate into their life in order to combat stress.

Preventing Burnout

This workshop will focus on palatable disciplines that you can implement into your daily routine. Chronic exhaustion and brain fog are overwhelming for so many of us. According to a Deloitte study, 77% of professionals have experienced burnout at work. It's time to stop letting your burnout take control of you. Begin planting healing seeds to regain your power by learning daily digestible rituals and shifts towards sustainable well-being and success.

Men's Mental Health: Stepping Outside Yourself

In this workshop we will focus on how to incorporate mindfulness and stress management into your everyday life. We'll touch on ways to elevate your happiness and learn how to become more self-aware. The goal is to take your mindfulness to the next level by creating clarity to manifest a new reality. What story are you telling yourself? Who are you becoming? What do you want to create?

Sustainable Self-Care

A sustainable self-care practice has been clinically proven to help reduce or eliminate anxiety and depression, reduce stress, increase happiness, and more. If you want to identify things you can do to help you adapt to changes, build strong relationships, and recover from setbacks, this workshop is for you. Join Niya Bajaj (C-IAYT), holistic yoga therapist for a workshop where we will explore the eight aspects of wellbeing, learn how yoga can help improve how you're doing in each aspect and identify some clear practices you can start to apply now so you feel better, are more focused and happier.

GENERAL HEALTH & INTEREST WORKSHOPS

Healthy at 100 & Lowering Your Toxic Load

In this workshop we look into the different tools to living a long and fulfilling life. We'll cover nutrition and lifestyle recommendations that help support the aging process, while learning how to reduce the toxic load in your home and personal care products.

A Well Balanced You

We all want to achieve a healthy work-life balance. In this workshop, we will discuss how to optimize your physical and mental well-being with sleep, movement, nutrition, and mindfulness recommendations.

1 Week Immunity Challenge

This challenge will educate participants about the key nutrients that support immune health. We will discuss the importance of gut health and various vitamins.

Mind Your Money

In this workshop, you'll discover practical, time-saving budgeting strategies designed specifically for busy professionals who dread traditional budgeting. You'll shift from feeling stressed and disorganized to confident and in control, with a simple, sustainable money management system that helps you stay on track and achieve your financial goals.

Business Breathing

Learn to give yourself the daily oxygen needed and optimize your mind, body and balance of emotions. Adopt powerful breathing techniques and mental fitness focus tools.

Restorative Detoxing & Cleansing

Have you heard of detoxing and have no idea where to start? Do you want to feel your best self when eating and achieve your nutrition goals without added stress? Join us in this workshop to learn the basics on how to detox and nourish your body.

Elements of Ergonomics & Rehabilitation

This workshop focuses on optimizing your workspace in order to minimize the risk of injury and enhance comfort, productivity and efficiency. Learn the risk factors for common workplace muscular stiffness and injuries including back and neck pain, carpal tunnel, and eye strain.

Deskercise

Are you stuck sitting at your desk all day? Prolonged sitting or general inactivity can lead to a number of health issues as well as general aches and pains. Learn simple stretches and exercises that you can do right at your desk throughout the day! These exercises can also assist in fighting stress and increasing productivity.

Creating Healthy Habits

It's easy to identify what it is we want to change - the challenging part is putting together the plan to follow through with. In this workshop you will learn the principles of goal setting, and how to construct an effective plan to implement your goal. Come learn how to build a plan that will realistically work with your lifestyle to set you up for success.

Visualization

During this workshop we discuss the practical uses of visualization, how to use it during meditation as well as explore the different styles of visualization practice.

Introduction to Herbs

During this workshop, we'll learn a general introduction to medicinal herbs and how they can be used to promote wellness. This workshop dives into Western and Ayurvedic herbalism, different uses and properties of herbs and how they can aid with digestive concerns, stress and detoxing.

Breath Work

In this immersive workshop, you'll explore the history and transformative benefits of breathwork, a practice that has been used for centuries to enhance physical, mental, and emotional well-being. Through a combination of theory and hands-on experience, you'll learn about the science behind breathwork and how different techniques can help reduce stress, increase focus, and promote relaxation.

Goal Setting

A goal without a timeline is just a dream. Become an intentional creator and gain the tools you need to put your goals into action! This workshop will teach you how to identify what's most important in your life and create meaningful, attainable goals. We'll take a closer look at cornerstone habits and "running loops" and learn how they prevent us from succeeding. You will also be encouraged to engage in active goal setting for the next 30 days.

For full descriptions or more details, please email us at corporate@yoururbancore.com

GENERAL HEALTH & INTEREST WORKSHOPS

Digital Detox

Are you glued to your phone, computer or social media? Learn how to disconnect in order to reconnect. This workshop will discuss how technology impacts our lives and is changing our bodies and behaviours. Set boundaries and avoid technological distractions, be more present and improve balance with technology use in your life.

Boosting Your Holiday Budget

Without a doubt, cutting back on your spending is the biggest way to boost your holiday budget; but that's often easier said than done. During this workshop we'll learn more about: the four gift rule, setting a spending goal, looking for extra income and saving up throughout the year. Join us as we share some of our favourite ways to get the most out of your holiday budget!

Seasonal Alignment

Each season brings with it a shift. As we witness the changes happening in our natural landscape, we can align ourselves with the season by tuning into the organs of the lungs and large intestine, and the energetic meridians associated with the season. Come join us for an educational session that includes breathwork, meditation, and gentle movement, all designed to align your body, mind and spirit with the spirit of the current season.

Urban Gardening

Gardens help build beautiful, sustainable, health based communities. Join one of our soil scientists for an in-depth look at seed starting and garden planning. We will be looking at how to plan your seed starting, diagnosing common seedling issues, watering do's & don'ts, sunlight essentials and other tips and tricks to creating plentiful produce.

Sound Bath

A sound bath is a calming yet powerful experience in which participants are immersed in sound waves to create a state of harmony and synchronization. The intention of this exercise is to clear your mind and energy field. Coupled with breath-work, this workshop promotes therapeutic healing, leaving participants feeling both mentally and physically restored.

Productivity Over Procrastination

Do you find yourself struggling with procrastination? Join us for this interactive workshop where we'll discover your procrastination style and find practical solutions that will allow you to be more effective and fulfilled in your daily life. We'll examine the root cause of your procrastination and how to counteract it to be more productive.

Boundary Setting

Do you feel depleted from saying yes when you really mean no? Does anxiety and an inability to assert yourself create resentment or conflict in your relationships? In this workshop we will learn how to set healthy boundaries and be accountable for ourselves by building self-esteem and maintaining self-respect.

Clear the Clutter

Starting the decluttering process can feel overwhelming, but it doesn't have to be. In this workshop, we'll provide step-by-step guidance on how to let go of unnecessary items and create a more organized, mindful space. You'll also learn daily habits to help you stay organized and discover how decluttering can positively impact your overall well-being.

Safe Cycling 101

Designed to give participants more confidence in their biking abilities, this workshop will guide you through the street smarts of cycling. Led by a trained facilitator, we'll guide you through safe riding techniques, general rules and responsibilities, interacting with others on the road, how to choose the right route and more. This workshop is interactive in nature and participants are encouraged to engage and ask questions.

Beating the Winter Blues

Suffer from the winter blues? Don't worry, you're not alone! Many people feel gloomier, more lethargic and even less motivated during this time of year. In this interactive workshop, you will learn the science behind seasonal depression and most importantly, how to thrive this winter. You will be guided through simple steps to elevate your mood, motivation and momentum through mindset, nutrition and lifestyle upgrades.

80/20 Rule

Discover the transformative power of the 80/20 rule in this insightful workshop focused on finding balance and flexibility in your lifestyle choices. Learn how to harness the principle of prioritization to optimize your efforts and maximize results while staying on track towards your health and wellness goals.

Find Your Focus

Are you having a hard time staying focussed? Our lives are filled with an abundance of distractions that can make it difficult to concentrate on daily tasks, work responsibilities and even our long-term life goals. In this workshop you will explore various methods to help strengthen your ability to focus, prioritize and make decisions.

BUILDING, DESIGN & MANAGEMENT SERVICES

Alongside our corporate wellness programs, Urbancore is excited to provide a wide range of complementary services to help you reach your wellness goals. Whether you're building a wellness facility from the ground up, looking to enhance an existing space, or need expert management or consulting, we offer customized solutions to fit your needs. Our services encompass the design, construction, management, and maintenance of:

GYMS & ATHLETIC FACILITIES

- Creating a design plan
- Selecting appropriate equipment & machines
- Coordinating and executing a re-build or custom upgrades
- Facility management
- Marketing & promotions
- Repairs & maintenance

OFFICE CANTEENS & FOOD PROGRAMS

- Manage the ordering and delivery of a variety of healthy fresh office snacks and beverages
- Organization & snack setup
- Collecting health data on dietary restrictions
- Offering custom health and diet programming for employees

WELLNESS LOUNGES & PRAYER ROOMS

- Creating a design plan
- Coordinating & executing design plan based on usage and employees/tenant needs
- Creating coworking or relaxation spaces to increase morale and productivity

ERGONOMIC OFFICE DESIGN & ACTIVATIONS

- Consulting and determining pain points and the organizations NEEDS for maximum health and wellbeing
- Coordinating, ordering, executing an action plan from start to finish
- Providing 5 star experiences and events



Gym memberships made easy with our dedicated reservation system and management team.

24/7

We'll make sure your Canteen is stocked 24/7!



Designing spaces that promote inclusion & celebrate diversity.



Successfully implemented over 10 outdoor eatery spaces and office canteens for office buildings in the GTA & across Canada

We'll work closely with you to create environments that foster health, productivity, and overall well-being. Let us be your trusted partner in bringing your wellness vision to life!

LET'S WORK TOGETHER!

www.yoururbancore.com | corporate@yoururbancore.com | 647-882-9669