

URBANCORE

HEALTH FITNESS WELLNESS



WELLNESS CATALOGUE

CORPORATE PROGRAMMING

ABOUT US

WHY URBANCORE?

Urbancore delivers impactful fitness and wellness programs to both private companies and tenanted office buildings across Canada. Founded in Toronto in 2010, we've spent the past 15 years providing our services to busy professionals through customized fitness classes, wellness workshops and appreciation events to inspire a healthier, more connected work culture.

Our network of over 150 certified instructors, trainers and wellness practitioners brings expertise in yoga, meditation, nutrition, mobility, mindfulness, and more, designing programs that are both engaging and results driven. Whether it's one-on-one personal training, team based classes, or large scale wellness initiatives, Urbancore will work closely with you to create experiences that motivate, challenge, and support individuals in achieving their personal well-being goals.



WELLNESS MATTERS

We know that wellness isn't just about physical health. Keeping the mind active and engaged, managing stress effectively, and fostering emotional resilience are all critical components of a balanced life. Throughout our catalogue, you'll find programs designed to promote both mental and physical fitness, helping participants boost energy, focus, and overall vitality while cultivating a sense of purpose and well-being.

Over the years, we've partnered with hundreds of companies and tenanted buildings across Canada and the U.S., continuously refining our offerings to meet the evolving needs of workplaces while maintaining a high standard of service, attention to detail, and a focus on outcomes that matter. At Urbancore, we believe wellness is more than just a program—it's an investment in people, culture, and community, and we're proud to help organizations make it a meaningful part of everyday work life.

-Lauren 



OVER 15 YEARS
EXPERIENCE



TEAM OF 150+
WELLNESS EXPERTS



OPERATING ACROSS
NORTH AMERICA



LICENSED
& INSURED



CUSTOMIZABLE
PROGRAMS

HOW IT WORKS

BOOKINGS

All programs can be booked individually with no long term commitment. Want a hassle free experience? We can handle registration, marketing and communications at no extra cost, so you can focus on the benefits of the programs while we take care of the details.

TYPES OF PROGRAMMING

Fitness Classes: Our 45 minute classes offer convenient, effective workouts for all fitness levels—from beginners to advanced participants.

Appreciation Events: Celebrate and recognize employees or tenants with fully customizable events, from relaxing retreats to engaging team-building experiences!

Special Programs: Multi-session experiences designed for a deeper exploration of personal growth and well-being.

Hands-On Workshops: Interactive sessions where participants learn by doing. Many include take-home components for a unique, lasting experience.

Wellness Workshops: Practical programs covering stress management, mindfulness, mental health, nutrition, and more. These lunch n' learn sessions provide the tools to enhance physical, mental, and emotional well-being.



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.

Does your programming align with Fitwel?

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

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

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

Do you record virtual sessions?

Yes! All virtual sessions are recorded and stored for 30 days.



FULL YEAR OF WELLNESS

Get a jump start on your wellness programming with one of our 2026 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, facilitators and event registration - just choose the package that suits you.



WORKSHOP PACKAGE

JAN Creating Healthy Habits

FEB Super Market Smarts

MAR Self Care

APR Urban Gardening

MAY Clear The Clutter

JUN Digital Detox

JUL Gut Health 101

AUG Elements of Ergonomics

SEPT Mastering Meal Prep

OCT Stress Less

NOV Mastering Sleep

DEC Boost Your Budget

FITNESS PACKAGE

JAN Meditation Stretch

FEB Hard Core

MAR Yoga Flow

APR Body Conditioning

MAY Pilates

JUN Breathwork Stretch

JUL Sculpt

AUG Soca Sweat

SEPT Yogalates

OCT Butts And Guts

NOV Zumba

DEC Winter Warm Up

APPRECIATION PACKAGE

JAN Vision Boarding

FEB Candle Making

MAR Puppy Yoga

APR Air Plant Terrariums

MAY Sip N Paint

JUN Macrame Rainbows

JUL Summer Sangria

AUG Citrus Soaps

SEPT Chunky Blankets

OCT Painting Pumpkins

NOV Scotch & Cigars

DEC Holiday Hosting

WELLNESS TAKEOVER

JAN Monthly Canteen

FEB Alignment Audit

MAR 21 Day Stretch Camp

APR Chair Massages

MAY Urban Planting

JUN 5 Week Run Club

JUL 4 Pillars of Resilience

AUG Blend & Boost

SEPT Meal Prep & Disc. Calls

OCT Seasonal Survival Kits

NOV Beards & Brows

DEC Make your Presents Pop

Virtual Starting at: \$3999

Live Starting at: \$5250

Virtual Starting at: \$1500

Live Starting at: \$1999

Live Starting at: \$8400

Custom Pricing

FITNESS CLASSES

We offer a diverse range of fitness classes to meet your every need! Below is our complete list of current offerings. Each session runs 45 minutes, with live classes priced at \$169, virtual sessions priced at \$129, and hybrid delivery for \$179. 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 CONDITIONING

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 mindful alignments and asanas, helping to soothe and calm the mind while restoring balance and flexibility.

MEDITATION

This class focuses on techniques for relaxing and clearing the mind. Combined with gentle stretches that encourage blood and oxygen flow to your muscles and brain, this class is designed to feel restorative and rejuvenating.

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.

NEW

SOCA SWEAT

A high-energy dance workout powered by Caribbean Carnival rhythms. Wine your waist, wave your flag and sweat to soca beats in this fun, feel-good fitness experience! This class helps to strengthen and condition the muscles.

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.

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).

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 and feel your best! This specialized workout focuses on the muscles that support your spine, helping to alleviate tension. With 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.

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!

FITNESS CLASSES

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.

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.

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.

NEW

TANK TOP ARMS

This upper-body sculpting class tones your arms, shoulders, chest and back with a mix of resistance training, bodyweight exercises, and light cardio — helping you feel strong and confident every day, because any day can be tank top season!

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.

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.

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.

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.

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



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

A fun Tea Leaf Reading where tasseology, the art of interpreting tea residue, offers insights and predictions about your future.

BEARDS AND BROWS

Custom barbering and brow services designed to enhance employee experience and engagement while saving time on your self-care routine. Get trimmed, shaped, and feeling your best right on site!

FLORAL ARRANGEMENTS

Celebrate a special occasion with flowers. Participants can either create or receive a small arrangement of in-season blooms with the option of an included wellness take-home booklet.

MANIS & PEDIS

Enjoy a Shellac manicure or pedicure on-site from a certified nail technician! Includes nail shaping, buffing, cuticle care and a long-lasting gel polish that stays smudge-free for up to 14 days.

CHAIR MASSAGES

Relax and recharge with a 15 or 20 minute on-site chair massage. A good massage can help reduce stress, promote calm and wellness, and support focus and productivity throughout the day.

ART THERAPY, TO-GO

Create a unique piece of art with a personalized take-home kit. Each kit includes all materials and a QR code linking to an instructional video led by a wellness expert, guiding participants step by step to craft a professional looking masterpiece.

JAZZ BRUNCH

Treat your ears and taste buds! Catered by Kettleman's (or similar), 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

Unwind at work with an afternoon of snacks and a classic movie! A fun, relaxing experience that helps boost workplace culture and camaraderie.



SPECIAL PROGRAMS

Our special programs allow you to go deeper, providing a more immersive experience.

5 WEEK LEARN TO RUN/ WALKING CLUB

Our Learn to Run and Walking Club programs are designed for all fitness levels. The Learn to Run program guides participants to their first 5K with weekly runs led by certified coaches covering technique, transitions, and stretches. Our 5-week Walking Club promotes cardiovascular health, boosts immunity, and supports overall wellness through weekly brisk walks, stretching, and coaching tips.

STARTING AT \$750



21 DAY BREATH, MEDITATION OR STRETCH CAMP

Master your mind and emotions in 21 days with a transformational breath-work, meditation, or stretch program designed for beginners and advanced participants alike. Learn science-based, easy-to-apply techniques that help regulate your emotions and nervous system, reduce stress and anxiety, improve sleep, boost energy and focus, support immunity, and enhance digestion, metabolism, and circulation.

VIRTUAL DELIVERY \$450

4 PILLARS OF RESILIENCE

Resilience is defined as the ability to handle pressure, ambiguity, and multiple tasks effectively. This series of workshops focuses on developing optimism and adaptability in the face of adversity. Learn to recover quickly from setbacks and gain valuable insights from challenges that you can carry forward. The Four Pillars of Resilience series explores mental, physical, social, and spiritual aspects of resilience each week. Discover how to balance these four components to strengthen your life and navigate uncertainty with confidence.

STARTING AT \$1150



SEASONAL ALIGNMENT PACKAGE

Join one of our wellness experts for an interactive Seasonal Alignment workshop series. As the seasons change, so do the rhythms of our bodies and energy. These workshops use breath-work, meditation and gentle movement to align your body with the spirit and energetic meridians of each season. The series includes Winter Warm Up, Spring Tune Up, Summer Set, and Fall Into Alignment.

STARTING AT \$520



HANDS-ON WORKSHOPS

Our hands-on workshops offer interactive experiences, perfect for team building events and lunch-and-learns. Each facilitator brings their own style and expertise, so while the descriptions below provide an overview, every session may include unique elements to keep it engaging and memorable.

AIR PLANT TERRARIUMS

Bring a touch of nature indoors with this creative terrarium workshop. Participants will design their own miniature garden using an air plant and a selection of decorative materials. Along the way, you'll learn about the mood-boosting benefits of greenery during the winter months and how to easily care for your new living creation.

DURATION: 60 MINS

PRICE: \$449 + \$19 PER PERSON

BLEND & BOOST

Discover how to create delicious, nutrient-packed smoothies that boost immunity, aid in digestion and support overall wellness. Learn simple tips for building the perfect blend, choosing healthy add-ins, and saving time with easy prep ideas. Participants will enjoy a freshly made smoothie during the session and receive a recipe booklet to take home.

DURATION: 60 MINS

PRICE: \$449 + \$19 PER PERSON

NEW

BUG OFF, NATURALLY

Create your own effective, plant-based bug repellent using herbs and essential oils. Discover which plants naturally keep insects away and how to blend them into a safe, fragrant spray. Participants will also plant their own bug-repellent pots featuring lavender, citronella, and lemongrass—an easy, sustainable way to enjoy the outdoors naturally.

DURATION: 60 MINS

PRICE: \$449 + \$14 - \$25 PER PERSON

CANDLE MAKING

This calming session explores the ancient art of candle making as both a therapeutic and practical practice. Participants will learn about the benefits of various essential oils and use a selection of natural materials to create a personalized candle to take home, adding warmth and relaxation for the winter season ahead.

DURATION: 60-75 MINS

PRICE: \$449 + \$29 PER PERSON

CHUNKY BLANKETS

Get cozy and learn how to create your own chunky knit blanket, step by step. This beginner friendly project uses the simple technique of arm knitting, with no needles required. Participants will leave with a soft, stylish blanket they made themselves and the satisfaction of mastering a relaxing craft perfect for the colder months.

DURATION: 60-120 MINS

PRICE: \$449 + \$39 - \$69 PER PERSON

NEW

CITRUS SCRUB BAR

Get your natural glow on! Participants will create custom citrus body scrubs using sugar, salt and invigorating essential oils. Perfect for exfoliating and leaving skin soft, smooth, and sun ready. You'll leave with a handmade scrub and the knowledge to recreate it anytime for a quick, uplifting pick-me-up or a thoughtful gift.

DURATION: 60 MINS

PRICE: \$449 + \$35 PER PERSON



HANDS-ON WORKSHOPS

COCKTAIL CREATIONS

Combine creativity and teamwork in this engaging session! You'll learn the basics of crafting great beverages, practice essential techniques and collaborate to create a variety of cocktails. Perfect for themed events or special occasions, this session is a fun and interactive way to build mixology skills and enjoy the process.

DURATION: 60-75 MINS

PRICE: \$449 + \$28 PER PERSON

DESIGN A SIGN

Create your own custom wooden sign in this hands-on workshop! Guided by an experienced artist, participants will choose a design using pre-made stencils or freestyle their own ideas. Perfect for beginners and those with some crafting experience, this session provides step-by-step guidance to bring your unique vision to life.

DURATION: 60-75 MINS

PRICE: \$449 + \$39 PER PERSON

GRAB & GO COOKING DEMO

Your personal meal prep coach will provide the skills and tools to meal prep regularly and enjoy healthy, delicious food. Learn new dishes, snacks, portion control, and practical cooking techniques. This workshop includes a 3-day lunch menu, two snacks, one breakfast recipe, and a complete grocery shopping and equipment list.

DURATION: 60-75 MINS

PRICE: \$449 + \$39 PER PERSON

COFFEE CHRONICLES

Discover the art and science behind an exceptional cup of coffee! Explore the history, beans, and roast profiles that shape every brew while learning how different brewing methods influence flavour and aroma. Participants will enjoy a guided tasting, gain pro tips for brewing at home, and leave with the confidence to craft café-quality coffee.

DURATION: 60 MINS

PRICE: \$449 + \$28 PER PERSON

ESSENTIAL OILS

Learn how to use essential oils safely and effectively for skincare, home remedies and supporting mood and emotions. Participants will explore the benefits of popular oils while blending and creating their own personalized scents to take home, making this a practical and sensory workshop that's both fun and educational.

DURATION: 60 MINS

PRICE: \$449 + \$24 PER PERSON

GREETING CARDS

Create your own beautiful watercolour greeting cards! Perfect for birthdays, holidays, or any special occasion, participants will be guided through simple techniques to design unique, hand-painted cards. Whether you're a beginner or have some experience under your belt, this session combines creativity and relaxation.

DURATION: 60 MINS

PRICE: \$449 + \$29 PER PERSON

NEW

COFFEE GROUND SOAP

Learn to craft natural coffee ground soaps using simple, eco-friendly ingredients while exploring the exfoliating and energizing benefits of coffee for the skin. Participants will leave with a handmade bar that's soothing, sustainable, and a perfect addition for their daily routine.

DURATION: 60 MINS

PRICE: \$449 + \$19 - \$29 PER PERSON

FRIENDSHIP BRACELETS

Reflect on the values of human connection and community as you create a friendship bracelet. Working with your hands encourages mindfulness, meaningful conversation, and a chance to slow down. Leave with a beautiful bracelet and a simple reminder of the importance of relationships in everyday life.

DURATION: 60 MINS

PRICE: \$449 + \$14 - \$25 PER PERSON

GROCERY STORE GARDENING

Discover the magic hiding in your grocery bag. Learn to grow fresh fruits and veggies from everyday kitchen scraps like green onion roots and tomato seeds. Rooted in sustainable living, this easy, low-cost method brings gardening into your home and helps cut grocery bills. Leave with a planted start and the know-how to keep it growing.

DURATION: 60 MINS

PRICE: \$449 + \$29 PER PERSON

HANDS-ON WORKSHOPS

HOLIDAY HOSTING

Impress your family and friends this season by learning 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. To top it off, our hostess will help you select budget friendly vinos for a lavish tasting experience.

DURATION: 60 MINS

PRICE: \$449 + \$28 PER PERSON

LOOSE LEAF TEA LAB

Whether you're a tea enthusiast or just starting out, this workshop deepens your appreciation for loose leaf tea. Explore the history and variety of green, black, oolong, and herbal teas while learning cultivation, processing, and brewing techniques to bring out their unique flavours. Everyone will create their own unique blend to take home.

DURATION: 60 MINS

PRICE: \$449 + \$18 PER PERSON

NEW

MACRAME RAINBOWS

In this workshop, participants will craft their very own macramé rainbow wall hanging — a vibrant and cheerful addition to your home, office, or to give as a thoughtful gift. Choose colours that are meaningful to you and enjoy a relaxing, creative process. Leave with a handmade piece that brings personality to any space.

DURATION: 60 MINS

PRICE: \$449 + \$17 - \$25 PER PERSON

MAKE YOUR PRESENTS POP

Level up your gift wrapping and learn to create beautifully wrapped presents for any occasion! Whether you're a beginner or seasoned pro, our expert will guide you through wrapping techniques, embellishing with ribbons and accessories, and choosing quality paper. Step-by-step demos will inspire you to make every gift truly pop.

DURATION: 60 MINS

PRICE: \$449 + \$18 PER PERSON

PAINT PARTY

Paint party is a creative way to get to know your coworkers, de-stress, and create a masterpiece! You will be guided by one of our talented artists in a fun, judgment-free environment. All canvas, paint, and materials are provided by our team, leaving you free to explore your creativity and make something uniquely yours.

DURATION: 60 MINS

PRICE: \$449 + \$48 PER PERSON

PESTO PERFECTION

Join us for a hands-on workshop where you'll craft two delicious types of pesto from scratch! Whether you're a basil traditionalist or eager to explore bold new blends, this flavourful session will leave you with the skills and the sauces to impress. Come hungry and leave feeling inspired!

DURATION: 60 MINS

PRICE: \$449 + \$14 - \$25 PER PERSON

PUPPY YOGA

All the benefits of a traditional yoga class... but with puppies! Tone your muscles and improve flexibility and balance, all while adorable puppies roam around the room. You can expect anywhere from 5-8 puppies per class, depending on availability. Extra helpers ensure the pups are cared for and circulated; all you need to provide is the space.

DURATION: 60 MINS

STARTING AT \$1200

SCENTED EYE PILLOWS

Create your own soothing eye pillow using soft fabrics and calming scents like lavender, eucalyptus, or chamomile. Learn how aromatherapy and gentle pressure can support relaxation, stress relief, and better sleep. Once finished, enjoy a brief guided meditation to experience the calming effects of your personalized creation.

DURATION: 60 MINS

PRICE: \$449 + \$29 PER PERSON

NEW

SELF-CARE SURVIVAL KITS

Build a personalized toolkit for managing stress, burnout, and emotional overwhelm. Choose from items like stress balls, candles, essential oils, affirmation cards, and other wellness resources to create your own kit. Reflect on your unique self-care needs and leave with a tangible reminder to support your mental and emotional wellbeing.

DURATION: 60 MINS

PRICE: \$449 + \$39 PER PERSON

HANDS-ON WORKSHOPS

NEW

SELF PORTRAIT ART THERAPY

Explore your identity and self-image. Guided prompts and reflection exercises help you express how you see yourself or how you wish to be seen. No artistic experience needed. This workshop supports self-acceptance, emotional processing, and creative healing.

DURATION: 60 - 75 MINS

PRICE: \$449 + \$49 PER PERSON

SOAPS N' SUDS

Create your own natural soap in this fun, relaxing session. Begin with a light meditation, then learn soap-making techniques, layering methods, and how to choose essential oils tailored to your needs. Leave with a handmade, personalized soap to take home.

DURATION: 60 MINS

PRICE: \$449 + \$28 PER PERSON

SUMMER SANGRIA

Learn to craft the perfect red and white sangrias with guidance from our sommelier. Explore ideal fruit and wine pairings, flavour balancing, and presentation tips. Participants will leave with two recipes and the confidence to impress at their next gathering.

DURATION: 60 MINS

PRICE: \$449 + \$24 - \$35 PER PERSON

NEW

SUN BREWED TEA

Create your own sun-brewed tea blend using hand-picked herbs, flowers, and spices inspired by nature. Learn the benefits and natural healing properties of each ingredient as you assemble your personalized mix. Leave with your unique tea blend, ready to enjoy!

DURATION: 30 MINS

PRICE: \$449 + \$18 PER PERSON

NEW

TASTES OF CANADA

Celebrate Canadian cuisine with a wellness twist in this hands-on workshop. Explore iconic regional dishes through mini demos and tastings. Learn the benefits of seasonal, local ingredients and take home simple, wholesome recipes to enjoy.

DURATION: 60 MINS

PRICE: \$449 + \$38 PER PERSON

URBAN PLANTING

Dive into plant care in this hands-on workshop. Learn planting basics, how to diagnose common issues, watering tips and sunlight essentials. Bring your questions and participate in the live planting of your very own green addition to take home.

DURATION: 60 MINS

PRICE: \$449 + \$24 - \$45 PER PERSON

VISION BOARDS

Explore your goals, dreams, and affirmations. Using images and text, participants create visuals that inspire and motivate. Both fun and relaxing, this workshop encourages self-reflection, mindfulness, and goal setting while helping participants connect with their personal aspirations.

DURATION: 60 MINS

PRICE: \$449 + \$34 PER PERSON

WHISY & CIGARS

Enjoy a premium scotch tasting with four guided pours paired with small bites and scotch-infused cocktails. Learn from a professional cigar roller and take home your own hand-rolled cigar. This engaging workshop blends flavour, education, and a touch of indulgence.

DURATION: 60-75 MINS

PRICE: \$449 + \$59 PER PERSON

WITS IN THE WILD

Learn essential outdoor skills, from fire building and navigation to emergency preparedness and wildlife awareness. This session prepares you for simple trails or backcountry adventures. Hands on choices: plant dyeing, mushroom prints, cordage making, spoon carving and willow wreath crafting.

DURATION: 60-75 MINS

PRICE: \$449 + \$29 - \$39 PER PERSON



NUTRITIONAL WORKSHOPS

Live \$449 Virtual \$349 Hybrid \$499

Beat the Bloat

Does gas, bloating and digestive upset feel normal? This workshop gives you a toolbox of tips to reduce bloating, support digestion and improve your gut health. *Includes a handout and gut healthy recipe book.

Beat The Seasonal Bulge

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

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.

Food Allergies 101

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.

Fuel Your Workout Body

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

Gut Health Part I

Experiencing chronic pain, inflammation, digestive issues, anxiety, depression, or skin problems? This workshop explores how gut health can contribute to a wide range of symptoms and imbalances and provides strategies to support a healthier gut.

Gut Health Part II

In part two, 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.

Kick the Sick

Did you know 80% of your immune cells live in your gut? Learn how gut-healing foods such as soups and broths can support your immune system, improve your microbiome and help prevent illness with practical nutrition tips.

Mastering Meal Prep

This workshop teaches practical meal planning for balanced nutrition and sustained energy throughout the day. Learn simple steps to prep healthier meals and snacks, gain confidence in portioning and make well-balanced choices that support your overall wellness.

Picky Eater's

Are you a picky eater or feeding one at home? This workshop explores creative meal ideas for refined palates, allergies, and dislikes. Learn strategies to expand your menu while keeping meals enjoyable, nutritious, and appealing for everyone.

Popular Diets

Keto, Vegan, Paleo, Vegetarian – these terms are everywhere, but which diet is right for you? Explore the principles behind popular meal plans, understand who they may benefit, and gain practical insights to make informed choices for your lifestyle.

Seasonal Soups

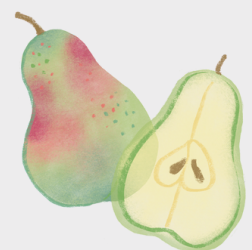
Become a soup-erstar! Learn the fundamentals of making healthy, hearty soups that are quick, convenient, and freezer-friendly. Discover how to build flavourful bases, choose seasonings and proteins, and add nutritious ingredients to create soups perfect for cooler months.

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.

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.



MENTAL HEALTH WORKSHOPS

Live \$449 Virtual \$349 Hybrid \$499

Introduction to Mental Health

An introduction to mental health awareness, covering signs and symptoms of common conditions, key pillars of wellness, and helpful resources. Participants will gain confidence in discussing mental health, learn where to seek support, and understand how to approach conversations around emotional well-being effectively.

Self-Care

Self-care is essential for improving mood, reducing anxiety, and maintaining balance. This workshop explores the importance of self-care, how to plan and practice it, and provides strategies to support mental, emotional, and physical well-being, along with helpful resources to incorporate into daily life.

Stress Less

This workshop explores the physical, mental, and emotional impacts of stress and offers practical techniques to manage it. Participants will be guided through at least one method during the session and leave with a toolkit of strategies to reduce stress that can be integrated into daily life.

Sustainable Self Care

Learn how sustainable self-care practices can reduce stress and anxiety, boost happiness, and improve focus. This workshop will help you explore the eight aspects of wellbeing, identify practical strategies to apply daily, and build resilience to adapt to change and recover from setbacks.

Effective Breaks

Learn how proper breaks reduce mental fatigue, boost focus, and enhance brain function. Discover strategies like short walks, moderate cardio, power naps, and mindful snacking to restore energy. Leave with practical tools to make your breaks more effective and rejuvenating.

Power of Positive Thinking

Explore the workings of the mind and the importance of positive thinking. Learn practical techniques to cultivate optimism, shift perspective, and reduce negativity. Leave equipped with tools to maintain a positive mindset and minimize the mental “toxins” that hold you back.

Beating Burnout

This workshop teaches simple daily practices to combat burnout. With chronic exhaustion and brain fog affecting so many professionals, it's time to regain control. Learn digestible rituals and small shifts that promote sustainable well-being, mental clarity, and long-term professional and personal success.



MEN'S MENTAL HEALTH

Breaking the Silence

Men, Stress & Mental Health & Work

An open, practical conversation about the stress, burnout, and hidden pressures men face at work. Learn coping strategies, how to support yourself and others, and how open dialogue builds a healthier, more resilient workplace.

Men's Mental Health

Stepping Outside Yourself

Practical mindfulness and stress management for everyday life. Strengthen self-awareness, gain clarity, and explore the stories you tell yourself—shifting them to help you become who you truly want to be.

Strength Redefined

Emotional Intelligence for the Modern Man

A session exploring how emotional intelligence is the new standard for leadership. Participants will gain practical strategies to improve communication, foster stronger teams, and create a more resilient and supportive workplace.

The Resilient Man

Tools for Emotional Fitness & Leadership

A session on resilience, mindfulness and emotional regulation. Learn science-based strategies to strengthen emotional fitness and leave with actionable tools to apply immediately at work and home for confident, balanced leadership.

GENERAL HEALTH & INTEREST

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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.

80/20 Rule

Discover the transformative power of the 80/20 rule in this workshop focused on balance and flexibility. Learn how to prioritize effectively to optimize your efforts, maximize results, and stay on track with your health and wellness goals.

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.

Beating the Winter Blues

Feeling the winter blues? You're not alone! In this workshop, learn the science behind seasonal depression and discover practical steps to boost mood, motivation, and energy through mindset, nutrition, and lifestyle strategies for thriving all winter long.

Boost Your Holiday Budget

Cutting back spending is the biggest way to boost your holiday budget, but it's easier said than done. Learn strategies like the four gift rule, setting firm goals, finding extra income and saving year-round to get the most out of the season.

Boundary Setting

Do you feel drained from saying yes when you really mean no? Learn how to set healthy boundaries, boost self-esteem, and maintain self-respect while reducing anxiety, resentment, and conflict in your relationships through practical strategies and guidance.

Breathwork

Explore the history and benefits of breathwork, a centuries-old practice that supports physical, mental, and emotional well-being. Learn the science behind it and experience techniques to reduce stress, increase focus, and promote relaxation.

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.

Clear the Clutter

Starting the decluttering process can feel overwhelming, but it doesn't have to be. In this workshop, you'll get step by step guidance to let go of unnecessary items, create a more organized, mindful space, and adopt daily habits that support long-term well-being.

Creating Healthy Habits

Learn the principles of goal setting and how to construct an effective plan to implement your goal. Participants will be encouraged to build a plan that will realistically work within their lifestyle to set them up for success.

Deskercise

Stuck at your desk all day? Prolonged sitting can cause aches, pains and a host of other health issues. Learn simple stretches and exercises that you can do at your desk during the day to boost mobility, reduce stress, and increase productivity.

Digital Detox

Disconnect to reconnect! Explore how technology affects your body, mind, and behaviours. Learn strategies to set boundaries, reduce distractions, and use devices more mindfully to improve presence, focus, and balance in everyday life.

Elements of Ergonomics

Optimize your workspace in order to minimize the risk of injury and increase your productivity. Learn the risk factors for common workplace muscular stiffness and injuries including back and neck pain, carpal tunnel, and eye strain.

Find Your Focus

Struggling to stay focused? Everyday distractions can make it hard to concentrate on tasks, work, and long-term goals. Come explore practical methods to improve focus, prioritize effectively, and make confident decisions.

Goal Setting

Turn dreams into action! This workshop teaches you to set meaningful, attainable goals, identify priorities, and overcome habits that hold you back. Leave equipped to engage in intentional goal setting for 30 days.

GENERAL HEALTH & INTEREST

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Healthy at 100

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.

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.

Mastering the Art of Sleep

Struggling to get quality sleep? Nearly one-third of Canadian adults do. This workshop offers practical, evidence-based strategies to calm your mind, reset your routine, and reclaim restful nights, including three essential steps to fall asleep faster, stay asleep, and wake refreshed.

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.

Productivity>Procrastination

Struggling with procrastination? In this workshop, discover your procrastination style and learn practical strategies to overcome it. Explore root causes and gain tools to boost productivity, effectiveness, and fulfillment in your daily life.

Safe Cycling 101

Build confidence on two wheels in this cycling workshop. Learn safe riding techniques, road rules, route planning, and how to interact with others while cycling. Participants are encouraged to engage, ask questions and practice skills.

Sound Bath

Experience a calming sound bath where participants are immersed in harmonious sound waves to clear the mind and energy. Combined with breath-work, this workshop promotes relaxation, balance, and mental and physical restoration.

Urban Gardening

Explore the art of gardening with guidance from a soil scientist. Learn seed starting, garden planning, watering tips, sunlight essentials, and troubleshooting common seedling issues to help you grow healthy, abundant produce.

Visualization

In this workshop, explore practical uses of visualization, learn how to incorporate it into meditation, and discover different styles of visualization practice to enhance focus, clarity, and mindfulness.



BUILDING, DESIGN & MANAGEMENT

Alongside our wellness programs, Urbancore offers a full suite of services to help you bring your wellness vision to life. Whether you're creating a new facility, elevating an existing space, or looking for expert management and consulting, we're here to help make it happen. Our support spans the design, build, management and maintenance of:

GYMS & ATHLETIC FACILITIES

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

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



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

We'll make sure your Canteen is stocked with healthy grab & go snacks 24/7!

24/7

WELLNESS LOUNGES & PRAYER ROOMS

- Creating a design plan
- Coordinating & executing design plan based on specific usage and employees/tenant needs
- Creating co-working or relaxation spaces to increase morale and productivity
- Curating simple, effective elements that enhance comfort and focus

Designing uplifting spaces that promote inclusion & celebrate diversity.



ERGONOMIC OFFICES & 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

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 an environment that fosters health, productivity and overall well-being. Let us be your trusted partner in bringing your wellness vision to life!

LET'S WORK TOGETHER!



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