



ENERGIZE YOUR EVENT

TEAM BUILDING

Active event that brings people together to strengthen ties among organization members.

- Several concepts available
- Groups from 20 to 500 people
- Duration from 1 to 6 hours



ACTIVE DISCOVERY

Courses allowing to both discover the city and exercise at the same time.

- Three intensity levels
- Several proposed courses
- Offered from the hotel where guests stay



QUÉBEC FIT



JOGGING TOURS

OXYGEN BREAKS

Active interventions aiming to increase the productivity during meetings and professional training courses.

- Allows participants to reach a higher level of concentration
- Can be integrated easily to the agenda



ZEN TONIK EXPERIENCE

Activities that energize mind and body while releasing muscle tension.



CHAIR MASSAGE

- Team of professional, bilingual, accredited massage therapists
- Flexible hours



MORNING YOGA

- Sessions offered where the convention takes place
- Turnkey service, all material required provided



SMOOTHIES ON WHEELS



STRESS RELEASE



WAKE UP CALL



EXOTIC BREAK



SPIN'N POP



QUIZ