

HEALTH + WELLNESS CONFERENCE SERVICES



MANLY BEACH HEALTH CLUB

MAKING THE MOST OF beautiful Manly Beach

Create a happier, more productive work place with Manly Beach Health Club. Whether it's for team building, or helping your team find that truly zen moment. We offer a variety of health programs tailored to suit your team's needs. Hosted right on beautiful Manly Beach or in our dedicated studio space.



“The Sebel Manly Beach and Novotel Manly Pacific have partnered with Manly Beach Health Club to offer you the option to upgrade your day delegate package for some ‘turn on’ and fun, brain training activities, ‘turn off’ breathing and relaxation exercises or some fun, team building activities or yoga on the beach. “

Spice Magazine, Nov 2014

HEALTH PROGRAMS

Choose from our health programs below, or contact us to discuss a custom program developed for your team.

15 Min Energisers

Need motivation or stimulation?
Re-energise your team with our 15 min icebreakers – from L/R brain games to twisting your bodies around!



Team Building

Whether it's to develop leadership, communication and teamwork skills or focus on responsibility, trust and bonding, fun team games like Scavenger Hunt and Beach Olympics will strengthen your team.



Hour of Power

Stronger body, stronger mind. Improve your team's mind and body health with HIIT, Bootcamp or Boxing for high-intensity interval training. Increase speed, power and endurance, boost metabolic rate, helping you burn fat faster and improving muscle tone – there will be guaranteed sweat!



Mindfulness

Clarity and peace of the mind is so important to enable us to make correct decisions, communicate effectively, de-stress and to be at peace with ourselves. This is the philosophy of the Mindfulness package, an opportunity to bring healing to the mind and be present with ourselves. We offer Pilates, Yoga and optional guided meditation.



To make a booking, or discuss a health program tailored to your team, contact **Claudia** - 0415 879 742
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