



# Mindful Bodies

A Mental and Physical Health and Wellness Company



## Physical Fitness Services

*Our mission is to increase mental, physical, emotional & behavioral health & wellness through programs, products, and services for all people*

### Effective

#### **Group Fitness Adult Classes:**

- Mindful Bodies will bring our fitness classes to your agency, church, school, college, party, festival & other locations.
- We offer various adult classes: Zumba, Boot Camp, Intervals, Cardio-Kickboxing, Cardio Dance, Sculpting & Toning.

#### **Fit Kids/ Fit Teens (FK/FT) Classes:**

- Mindful Bodies offers our kid/teens classes at birthday parties, day cares, schools & other events.
- We offer 4 types of FK/FT classes: Zumba Kids/ Jr., Fitness Games, Boot Camp Stations/ Circuits & Fitness Drills
- We have 4 rules in FK/FT classes: Have Fun, Be Safe, Participate & Listen.

#### **Personal Training:**

- Get the personal attention that you need to succeed! Mindful Bodies offers individual & small group personal training for 2 to 4 people. We specialize in personal training for weight loss & weight management.

### Efficient

- Mindful Bodies' group fitness classes and personal training sessions are taught by experienced & certified group fitness instructors, licensed Zumba instructors, and personal trainers. We respect our clients time so our staff uses the most effective, efficient & innovative fitness techniques available today.

### Affordable

**Group Fitness Adult Class Fees:** \$50-\$100 per class for groups or purchase of class cards.

**Fit Kids/ Fit Teens Classes Fees:** \$60 per hour, \$45 for 45 mins, \$30 for 30 mins.

**Personal Training Fees:** \$50 for individuals & \$15 per person for small groups of 2-4 people.

**Sign Up Today for any of our Physical Fitness Programs:** visit [www.mindfulbodies.net](http://www.mindfulbodies.net) or contact Shawnta Wright at 919-812-3172 or [swright@mindfulbodies.net](mailto:swright@mindfulbodies.net).

**Mindful Bodies Offices are located at Northgate Mall in Durham, NC**

**Visit us on the internet at [www.mindfulbodies.net](http://www.mindfulbodies.net) to learn more about our group fitness classes, workshops, trainings and other programs, products, and services.**



Shawnta Wright, MA, LPCS, LPC, NCC, is a licensed Professional Counselor Supervisor, Licensed Professional Counselor, a National Certified Counselor, and AFAA certified group fitness instructor and personal trainer, a licensed Zumba instructor, and the owner of Mindful Bodies. Shawnta has more than 15 years of experience working with adults, adolescents, and children. Shawnta's specialty counseling areas include weight management, binge eating disorder, stress management, self-esteem, marriage and family therapy, domestic violence and sexual assault. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency counseling from NCCU. Shawnta is also the former coach of the Durham Senior Divas and Dude Cheerleading Team.