

We have found them experienced, reliable and a team we would work with again.”

*Deborah Aholi, Safaricom Call Centre 0710550700*

### How can your company offer the benefits of Mzuqa to your employees?

Mzuqa Dance Fitness offers the following group packages at affordable corporate rates which may be tailored to your needs:

#### Weekly group exercise classes

*(Mzuqa Dance only)*

Weekly or bi-weekly workouts offered to staff by Mzuqa team instructors either at your organization's venue or a nearby facility.

#### Weekly schedule comprising a variety of workout classes

In addition to Mzuqa Dance, we can offer a tailor made weekly schedule incorporating a range of classes such as AEROBICS, INSANITY, YOGA, TAE BO, BODY CONDITIONING AND TONING.

#### Individualized personal training

Mzuqa is equipped to offer one-on-one trainings by certified instructors either at your company's premises or nearby facilities.

#### Team building exercises

We are available to join your organization's staff retreats or other events to animate team building exercises to boost staff morale and improve teamwork .

#### Employee family events

Whether your company is planning an end of the year family event, a "bring your kids to work day," or other special event geared towards the entire family, Mzuqa Dance will create a fun exercise program for everyone.

#### Dance performances at corporate events

The Mzuqa team is also available to perform at corporate events which would like to embrace a particular theme night, such as African dance or Traditional Kenyan Dances

#### Mzuqa challenge

Motivation comes in all shapes, forms and sizes. Once your employees are hooked on Mzuqa, we can also introduce the "Mzuqa Challenge" to your workplace which helps inspire employees to attain their fitness goals while boosting office morale in a friendly competition.

#### About Mzuqa Dance Fitness

Since 2015, Mzuqa Dance Fitness has attracted a substantial and passionate following across Nairobi. The popularity of the "Keep moving" campaign has expanded beyond the studios to support corporate wellness activities, public events and dance marathons. The success of the company is thanks largely to its founder, Dennis Odhiambo, whose enthusiasm and love for dance has been coupled with his experience as a professional dancer. Having started his career at the internationally-recognized Sarakasi Trust, he has since featured in numerous performances and music videos, both internationally and locally. Mzuqa dance relies upon a dynamic team of qualified and vetted instructors available to ensure an appropriate instructor is available to meet your needs.

Corporate clients have included Safaricom and Bank of Africa, while special events and/or classes have been held at popular and accessible venues across Nairobi, including: Aim Global Fitness, Carnivore, Fulana Sports at Allsaints Cathedral, Impala Club, Karen Surgery, Nature Touch, Parklands Sports Club, Serena Hotel Maisha Gym, Silver Springs Hotel, and Weston Hotel.

# Keeping Nairobi's workplaces *moving*



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Facebook - Mzuqa Dance





## What is Mzuqa Dance Fitness?

A fun and energetic dance-based workout, Mzuqa is inspiring Nairobians to get and keep moving to achieve their fitness goals. Blending African music and dance together with thoughtful choreography provides a full body workout. Mzuqa embraces natural rhythmic beats, tempos, and transitions to seamlessly flow from one move to the next strengthening the heart, while toning and building core strength.

## What are the benefits of Mzuqa Dance?

Today's employees spend more time seated behind a desk than any generation before us. They also spend additional hours sitting in some form of motorized transport necessary to get to and from the office, leaving less time for exercise and maintaining healthy eating habits.

Studies from world-renowned universities and research facilities consistently highlight the mental and physical benefits of exercise, and specifically from dance-based workouts. In addition to the cardio and toning advantages, depending upon the intensity applied, one 60 minute Mzuqa class burns between 400 and 1,000 calories on average—more

than typical cardio kickboxing or step aerobics classes.

You care about your employees and you want them to thrive so they can give their all to your business during working hours. Health insurance and retirement savings benefits are a wonderful start, but they don't target employees' overall well-being alone. Introducing Mzuqa Dance to the workplace gives employees the additional energy and enthusiasm central to boosting employee productivity and morale to the benefit of your company or organization, as well as your employees' overall health.

## Benefits of Mzuqa Dance

### Benefits to the company Improved company performance

- Increases productivity
- Improves group dynamics and the ability to function in a team
- Reduces stress levels
- Boosts employee mood
- Enhances staff health and well-being

### Benefits to the employee Improved employee well-being

- Helps improve cardiovascular health
- Strengthens key muscle groups
- Keeps excess weight at bay
- Enhances endurance and flexibility
- Tones muscles
- Improves concentration

## What are others saying about Mzuqa?

"We brought in the Mzuqa Dance team to complement our other corporate wellness offerings as we were looking for a way to help our employees get some exercise to help reduce stress and improve their overall well-being. It has been a nice addition to our company in terms of team building as well. And in fact the class has been so popular, we may have to start offering a second."

*Rosebella Ototo, Royal Media Service 0727408975*

"By the time most employees have braved the traffic to make it to work, they are in need of something beyond chai to wake them up. For colleagues who attend the sessions, Mzuqa helps get their blood pumping, faces smiling and prepared to start the day full speed ahead."

*Abdul, Body Edge Company 0721761733*

"Dennis and his team sat down with us to discuss the program that would work best for our organization. They professionally presented a few possible concepts and recommended the one which would likely work best for our office.