

# VIRTUAL GYM

100 + Online Workouts Available for Your Employees and Staff

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## FITNESS BY MAYA

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100+ Online Fitness & Yoga &  
Mobility Classes

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Structured Weekly Schedules

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Suitable for all Fitness Levels

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*Quality in a service or product is not only what you put into it. It is what the client or customer gets out of it.*

- Peter Drucker



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## Introduction



My name is Maja Agrippine and I am a Personal Fitness Trainer, Mobility/Yoga and Functional Fitness instructor.

Before Covid times I was working in a 5 star hotel, Banyan Tree Spa & Resort Seychelles, as a Yoga Instructor, and as a Group Fitness Trainer, where I taught Functional Fitness to local Seychellois people.

Due to current situation I had to change my business strategy. I transferred all of my business options to an online fitness webpage, [Fitnessbymaya.com](https://Fitnessbymaya.com), where I stream my workout videos (over 130 already) on a weekly basis, with weekly structured working-out routines and schedules, for all fitness levels. With my team we have created a platform, which can be an amazing added value to your company and to your employees, who wish to workout with a virtual personal trainer or wish to have a guided workout schedule.

Nowadays Team building and co-operative work environments between employees and employers, is seen as very important key to company's wide success. Team building and taking care of your employees can help your company's productivity and it can bring your company a greater overall success. Employees who have access to some kind of added value will always feel nourished and cherished by their employers. In this case their motivation, creativity, innovation and productivity can increase.

With my fitness programs your employees can relax, distress, lose weight, improve their health, feel good about themselves and all this will increase employees' confidence. It also shows to employees that the organization is willing to invest in them.

Fitness and wellness in workplace is always good to invest in. It simply shows that your company promotes and takes care of physical and mental health and wellbeing of your employees.

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Employees can choose amongst several different workout options such as:

- Workout Series
- Full body Focus
- Lower Body Focus
- Upper Body Focus
- Abs
- Flexibility & Mobility
- Low Impact Focus
- Stretch & Tone
- Workout with Simple Equipment
- Body Weight only
- Different time durations of the workout
- Added Challenge Workout

My webpage platform offers a lot of flexibility and diversity with 100 + workouts to choose from.

All of my videos are prerecorded and follow along. Your employees and staff will have a feeling like I am right there with them. They can choose whichever workout style suits them and get some nice structured workout routine, which will promote healthy lifestyle on a long run.



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# WORKOUT SERIES AND PROGRAMS

## *Body Power*

This program focuses on bodyweight exercises only and covers all the basic exercises, which are suitable for beginners. The structure of each workout, which lasts from 15-30 min, is different in style, length and body part focus. Body Power Series are mostly focused on cardio and strength with body weight only. This program doesn't require any equipment, thus can be done literally everywhere (beach, gym or in the privacy of guest's villa).



## *Beginner's Full Body - Strength*

This series is meant for complete beginners and for people who are starting with their workout routines. In this series the prime focus is on strength, with different basic exercises, which build great foundation for future fitness. For this series, a pair of lighter or medium size Dumbbells and a Booty Band, is required. Most of the workouts are structured in a circuit style with reps and few are structured with timer. In this Series the Cool down and Stretching routine is added at the end of each video.

## *Interval Stretch & Tone*

This series combines two training worlds in one unique program: YOGA & BODY WEIGHT EXERCISES. We all know the benefits of stretching but not everyone is into yoga. Structure of the program connects one interval of yoga pose with one interval of dynamic bodyweight exercise. The intervals are always different where yoga pose is held at minimum of 30 seconds and maximum of 60 seconds. After the yoga pose, follows one body weight exercise, which serves as a toning exercise. Very easy on joints and suitable for all fitness levels.



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## *Flexible Mobility*

With combinations of different workout styles, this series is fun, enjoyable and provides benefits of getting more flexible, mobile and relaxed body, with a lot of stretching and toning. Those workouts are also low impact, meaning they are gentle on joints with no heavy jumping involved. They are suitable for beginners and usually they last for about 30 min. Perfect for morning beach routine.



## *12 Min Tabata*

Tabata is High Intensity Interval Training style and it is more on advanced fitness level. Timer 10/20 stands for 10 seconds of rest interval and 20 seconds of maximum effort interval. Usually Tabata lasts for about 4 min per a block but it can be always mixed and matched however we like it. This series requires different equipment and also no equipment. Most of the time it is cardio based and very short and effective workout style. The secret ingredient for Tabata success is: Train with maximum effort and give your all.

## *Low Impact Focus*

This series is focused on slow and controlled performance with the correct feel of the working muscle. The movement through each exercise should be as slow as possible. There won't be any cardio per se but while using heavy weights, heart rate will be elevated. This workouts builds strength level and proper engagement of each muscle.



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## Booty & Legs

This workout program is focused on shaping up lower body, legs and gluteus with the use of different equipment such as Dumbbells, KettleBells, Power Bands with different strength levels. For lower body strength gains is usually recommended to train with heavy to medium weights. Before the workout, there is always an activation program, which serves as a proper lower body warm up.



## Upper Body & Abs

This series is focused on shaping up upper body such as shoulders, arms, triceps, chest and back. And on entire CORE, which are upper, side and lower abs, plus lower back. Having strong upper body and core will provide nice upright posture, which can impress everyone. This series requires dumbbells, kettlebells, power bands and jump rope.

## Abs On Fire

This series is focused on building strong core from all angles; on upper abs, lower abs, TVA - deep internal layer of the core, side obliques and lower back. This workouts can be done every day after the chosen main workout. Working on the core is the foundation and the "power house". Strengthening it, will help with better posture, better control of the body and it will help to protect the back and prevent any lower back pain.

## Cardio HIIT

This series is very simple. Focus is on pure cardio with traditional HIIT style, which is perfect as a Burn out at the end of each session.

