

# WAVES CORPORATE

## GUIDEBOOK

www.wavesleuven.be

WAVES
CORPORATE

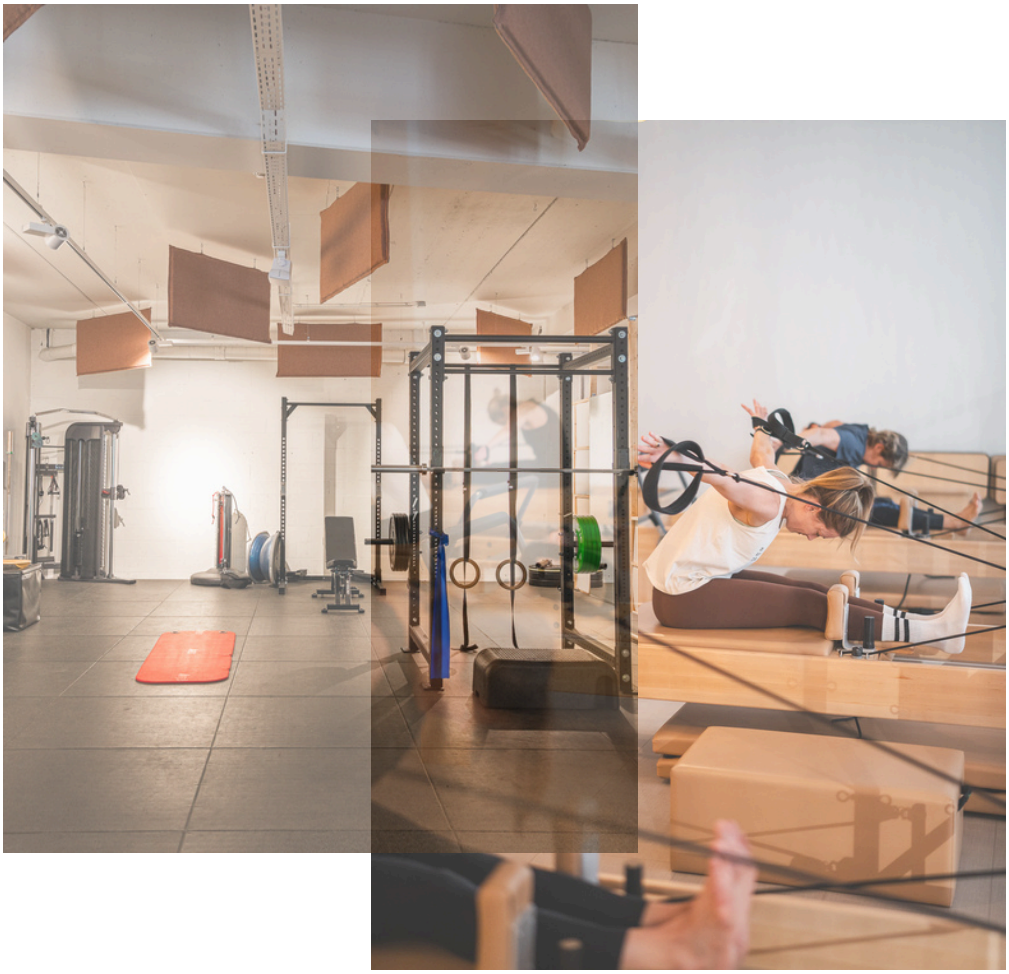
# WHY WAVES CORPORATE?

## Workplace Wellbeing. Simplified.

Modern workplaces face a growing challenge: balancing productivity with employee wellbeing. Stress, burnout, and physical inactivity have reached alarming levels, impacting both individuals and organisations. Globally, workplace stress is a major contributor towards low engagement, high staff turnover, and billions in lost revenue. In Belgium, the statistics are particularly striking. A 2024 study led by Securex suggests that one in four office workers is at high risk of burnout—a figure that has risen by nearly 50% over the past decade (1).

Waves Corporate was founded to meet this urgent need and to make it easier for companies to embed wellbeing into their culture. By integrating evidence-based wellness strategies into the workplace, we help create environments where employees feel supported, valued, and empowered to perform at their best.

| REDUCE | IMPROVE |
| --- | --- |
| Burnout | Productivity |
| Absenteeism | Engagement |
| Fatigue | Wellbeing |
| Job Dissatisfaction | Teambuilding |
| Stress | Resilience |
| Physical Inactivity | Employee Loyalty |



Employee health and wellbeing is no longer a luxury—it's a necessity. But where do we draw the line between working hard and overworking?

Stemming from our multidisciplinary healthcare practice "Waves" located in Leuven, Waves Corporate is a workplace wellness initiative designed to support organisations in fostering healthier, happier, and more productive teams. Recognising that every workplace is unique, we offer a diverse range of services that can be tailored to meet your company's specific needs.



# CORPORATE SERVICES

## TAILORED TO YOUR COMPANY

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# CORPORATE SERVICES

## WHAT WE OFFER



### CLASS WITH COLLEAGUES

**1 HOUR**

Make this your next happy-hour event with your colleagues. Enjoy a one-hour session of your choice of Gym, Pilates (Mat or Equipment), or Mindfulness. Whether it's a one-off experience or a recurring series, it's a great way to recharge together and strengthen team connections.



### TEAMBUILDING SESSION

**2 HOURS**

Looking for a fun and engaging way to bring your team together? Our Waves Team Building Sessions offer a dynamic mix of Pilates, Gym and/or Mindfulness designed to enhance collaboration, boost morale, and strengthen employee engagement.



### COMPANY COUPONS

Reward your employees with the gift of health and movement. Pre-purchase class credits under your company's name, which can then be gifted to employees to use at their convenience.
Waves Corporate offers flexible class packs, with options of 10, 20, or 50 individual class passes. Valid for 6 months from date of purchase.

# CORPORATE SERVICES

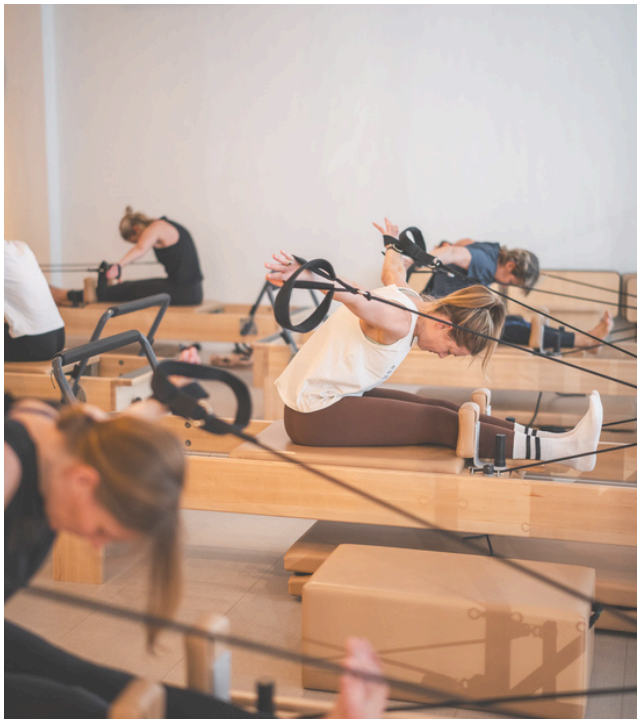
## CHOOSE OR COMBINE



### PILATES MAT

#### AWARENESS

Pilates Mat offers your employees exercises to build stability and body awareness. Think better desk posture, better mobility and less strain on the body. Pilates Mat can be a great starting point and a dynamic way to bring your team together.



### PILATES EQUIPMENT

#### COORDINATION

Find mental stimulation and enjoy more of what Pilates has to offer with our equipment classes. Our Pilates equipment classes have a maximum of 7 participants per class to bring quality guidance and support to each individual. No previous experience is required.

# CORPORATE SERVICES

## CHOOSE OR COMBINE



### GYM

**STRENGTH**

Bring your employees together in an energetic gym class centred around team building and collaboration. Build power, energy and confidence in your employees with a mix of strength training and cardiovascular training.



### MINDFULNESS

**RELAX**

Our mindfulness sessions are offered as optional add-on to the Teambuilding sessions. Allow your employees to the opportunity tune-in and wind down at the end and conclude the Teambuilding Session with relaxation.


PRICING

# PRICING



## CLASS WITH COLLEAGUES (1 HOUR)

| PILATES | | GYM |
|---|---|---|
| ≤10 participants: **€191**<br><br>11-15 participants: **€254**<br><br>16-20 participants: **€318** | Max. 7 participants: **€196**<br><br>Groups of 7+ participants may register multiple bookings | Max. 7 participants: **€196**<br><br>Groups of 7+ participants may register multiple bookings |
| **MAT** | **EQUIPMENT** | |

ALL PRICES ARE EXCLUDING VAT

# PRICING



## TEAMBUILDING SESSIONS (2 HOURS)

| MAT & GYM | EQUIPMENT & GYM |
| --- | --- |
| Max. 20 participants:<br>**€742** | Max. 7 participants:<br>**€371**<br>Max. 14 participants:<br>**€742** |
| Meditation optional at no extra cost | Meditation optional at no extra cost |

ALL PRICES ARE EXCLUDING VAT

# PRICING



## COMPANY COUPONS

VALID FOR 6 MONTHS FROM DATE OF PURCHASE

## PILATES

### MAT

10 pack
**€196**

20 pack
**€373**

50 pack
**€882**

Includes meditation classes

### EQUIPMENT

10 pack
**€265**

20 pack
**€504**

50 pack
**€1193**

## GYM

10 pack
**€265**

20 pack
**€504**

50 pack
**€1193**

ALL PRICES ARE EXCLUDING VAT



# FREQUENTLY ASKED QUESTIONS



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F
A
Q

## What's the difference between Waves Corporate services and general classes held at Waves?

Waves Corporate services are specifically designed to enhance workplace health and well-being through tailored programming. These services focus on fostering team building, promoting physical and mental health, and providing companies with hassle-free solutions to keep their employees healthy, engaged, and motivated.

## Is there a participant limit?

It is required to pre-register the number of participants upon reservation. For Class with Colleagues a minimum of 10 but maximum of 20 participants when opting for MAT only. If opting for Pilates EQUIPMENT or GYM, a maximum 7 partipants group, per booking.
For Teambuilding Sessions, a minimum of 10 but maximum of 20 participants when opting for MAT only. If opting for Pilates EQUIPMENT or GYM, a maximum of 14 partipants in total.

## Can I book more than one Session?

Absolutely! Although in essence offered as a one-off service, a fixed series can definitely be arranged when requested. This can either be in consecutive weeks or spaced out as needed.

F A Q CONTINUED

## Can the services be hosted in our own facilities?

At this time, Waves Team Building Sessions cannot be conducted on-site at your chosen location. However, we are actively working to make this option available in the near future.

## We booked a workshop for 12 people, but 3 have cancelled... what happens then?

With respect to the minimum participant limits, refunds can be allocated provided the cancellation is made within the timeframe outlined in our cancellation policy. The registration fee is linked to the group size bracket, not per individual*. If a few participants drop out, the pricing thus remains the same so long as your overall group size remains within that group size bracket paid for at registration.

*Except in the case of Class with Colleagues- Pilates MAT only. In which case, each participant amounts to €19.6




# HOW TO BOOK

## SCAN THE QR CODE BELOW

OR HEAD TO
wavesleuven.be/what-we-do/corporate/


TERMS AND
CONDITIONS
READ THE FINE PRINT

# TERMS & CONDITIONS

### Eligibility-
Waves Corporate services are available to businesses of all sizes, including start-up's, SMEs, and large corporations and from any location.

### Pricing & Payment Terms-
Team Building Sessions: Upon reservation, an invoice will be issued to the customer, requiring a 50% down payment (inclusive of the 5% reservation fee) to confirm the booking. This payment must be made within 48 hours; otherwise, the reservation will be forfeited. The remaining 50% must be paid no later than 14 days prior to the scheduled booking date. Accepted payment methods include direct bank transfer or major credit cards such as Mastercard and Visa.

Coupons: Company credits can be purchased in packs of 10, 20, or 50, with each credit equivalent to one class entry per person. Credit packs can be requested via the Noteforms option, after which an invoice will be issued. Once payment is received, the credits are added to a company account in the Bsport booking system (used for Pilates, Gym, and Meditation classes) and accessed via a unique login. The sharing of this login is at the discretion of the company director.
→ Credit validity: Credits are valid for 6 months from the date of purchase. Once activated, the credits are non-refundable.

### Service Commitments-
Waves Corporate ensures all services are delivered by qualified professionals and tailored to meet the agreed objectives.

### Participant Responsibilities-
Participants are required to wear comfortable clothing suitable for physical activity, such as activewear and socks. To prevent damage to mats or equipment, Waves Corporate kindly requests that all clothing be free of external zippers. Participants may incur a damage penalty, including the cost of replacing any damaged equipment, if this guideline is not followed.
The personnel responsible for reservations must communicate schedules to participants and ensure attendance.

### Confidentiality & Data Protection-
Participant and organisational data will be processed in compliance with GDPR regulations and will remain confidential. Data will not be shared with third parties without prior consent.

# TERMS & CONDITIONS

### Confidentiality & Data Protection-

Participant and organisational data will be processed in compliance with GDPR regulations and will remain confidential. Data will not be shared with third parties without prior consent.

### Modifications to Services-

Requests to adjust services or schedules must be made at least 14 days in advance. Waves Corporate reserves the right to reschedule or modify services due to unforeseen circumstances, where a full refund will be provided with respect to the cancellation windows.

### Liability Limitations-

All participants of Waves Corporate services hosted at Waves are insured by KBC Insurance in case of injury during these classes. In case of clear malpractice or misjudgements of the instructor, leading to the participants injury, the instructors' Occupational insurance is held liable for the costs of the injury. → In case of an injury Waves Corporate will take the following steps:

At the time of injury

1. The client is tended to by Waves Corporate personnel in order to maximise comfort of the participant.
2. The necessary steps are taken to initiate the further care of the participant. Family will be informed and ambulance will be called if necessary by Waves Corporate personnel.
3. A injury report will be written by Waves Corporate personnel so that the exact details of the injury are noted down for the participants' health insurance and the KBC insurance of Waves Corporate.

Proceeding the injury

1. The participant is asked to send their relevant information through to corporate@wavesleuven.be in order for Waves Corporate to file the insurance report.
2. The injury report and clients details are sent through to KBC insurance.
3. All further steps and communications run through the corporate@wavesleuven.be channel

### Termination of Agreement-

Termination due to breach of terms may be immediate, at the discretion of the affected party.

# CANCELLATION POLICY

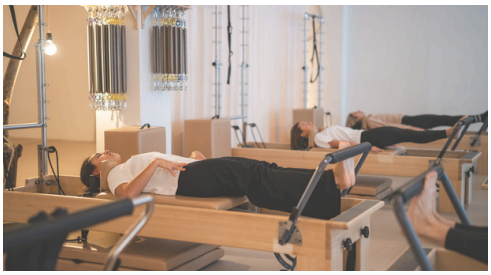
We understand the pressure in operating a company and that interruptions can happen when you least expect. Waves Corporate kindly enforces a strict cancellation policy of 48-hours notice for all Class with Colleagues and Teambuilding Sessions. In the event of a cancellation with less than 48 hours' notice, the full payment for the scheduled service will remain charged.

→ Cancellations made more than 48 hours but less than 7 days prior to the scheduled service, a 50% refund will be issued.
→ Cancellations made more than 7 days in advance will qualify for a full refund, less a 5% reservation fee deducted from the initial total.

Reservation Fee: At the time of booking, 5% of the total price is charged as a “reservation fee.” This fee ensures the reserved date and time are compensated in the event of a cancellation and helps cover the administrative costs associated with managing your booking.



















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