



HôB
House of Bounce

WORKPLACE WELLNESS

HEALTHY PEOPLE = BETTER BUSINESS



HôB
House of Bounce

HI THERE,

WELCOME TO HOUSE OF BOUNCE!

HôB is a rebounding fitness studio located in heart of downtown Montreal. We offer guided classes where we bounce out the beat to a party playlist.

Rebounding is a **low-impact, cardio and strength building workout**. It is unique in it's experience: It's incredibly fun and adaptable to all levels of fitness.





WHY DO WE CARE?

WE BELIEVE IN SHARED,
VIBRANT WELLNESS.

Exercise doesn't need to be overwhelming or boring. **It can be a fun social activity that enriches our lives.** Our mission is to make a healthy lifestyle easy and accessible to everyone.

Considering the improvement to the well-being and productivity of a healthy workplace, it makes sense to foster a **wellness program for employees.**





**BOUNCING IS
MORE THAN JUST
AN EXERCISE**

IT FUELS THE BODY, MIND AND SOUL

**2X MORE
EFFECTIVE
THAN RUNNING**

-NASA

**WHEN IN
DOUBT,
BOUNCE.**

RELIEVES STRESS

INCREASES BLOOD FLOW

RELEASES ENDORPHINS

IMPROVES COGNITIVE

FUNCTION

IT WORKS FOR WORK.

SHARPENS FOCUS

FOSTERS A POSITIVE OUTLOOK

CREATES COMMUNITY

IMPROVES PRODUCTIVITY

REDUCES HEALTH COSTS

AND ABSENTEEISM



SERVICE OPTIONS

PRIVATE

PRIVATE GROUP RATE



1 hour bounce class
Up to 17 participants
300\$+tx.
Music requests welcome!

CONTRACT

WEEKLY SESSIONS



12 week sessions:
1-9 bouncers 17\$/pers
10-20 bouncers 15\$/pers
20+ 13\$/pers

OFFICE

WE COME TO YOU



Up to 17 participants
Base rate 500\$



TESTIMONIALS

Taking a rebounding class at HÔB was a wonderful team building experience for my colleagues and I. It was an incredibly fun workout and great to see everyone let loose outside of the usual office setting. We all had such a blast!

In fact, some of us have created a strong bond since then and have kept coming back for more classes! Both Heather and Ali have the most amazing energy and have helped us connect in such an enjoyable way. It was definitely a hit for the Evenko Team.

Haben Tekie, Evenko



Melissa Boivin, BNP Paribas

"J'ai découvert la Maison du Rebond grâce à une activité organisée par mon employeur et j'ai tout de suite eu un coup de foudre! Le rebond est un exercice amusant et différent pour garder la forme, et rappelle les souvenirs d'enfance où nous sautons sur nos matelas. En plus, c'est parfait pour développer l'esprit d'équipe entre collègues! La Maison du Rebond devrait définitivement être un de vos partenaires corporatifs!"



JOIN THE FUN!

GET IN TOUCH

maisondurebond@gmail.com

**9 Sainte-Catherine Street Est
www.studiohouseofbounce.com
514.773.4246**

