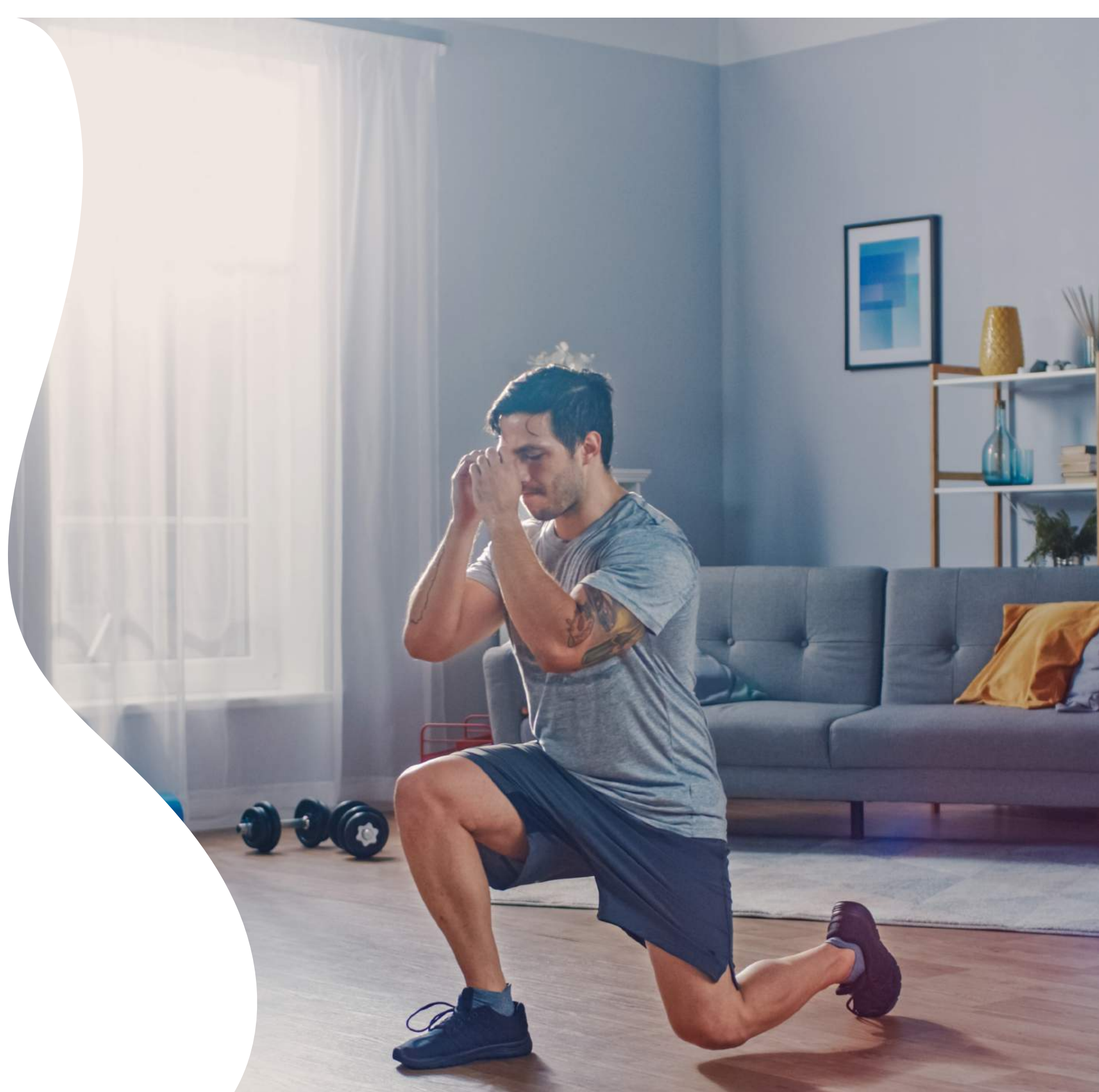


Home class

Live sessions of pilates, fitness and medical gymnastics. Accessible anywhere.

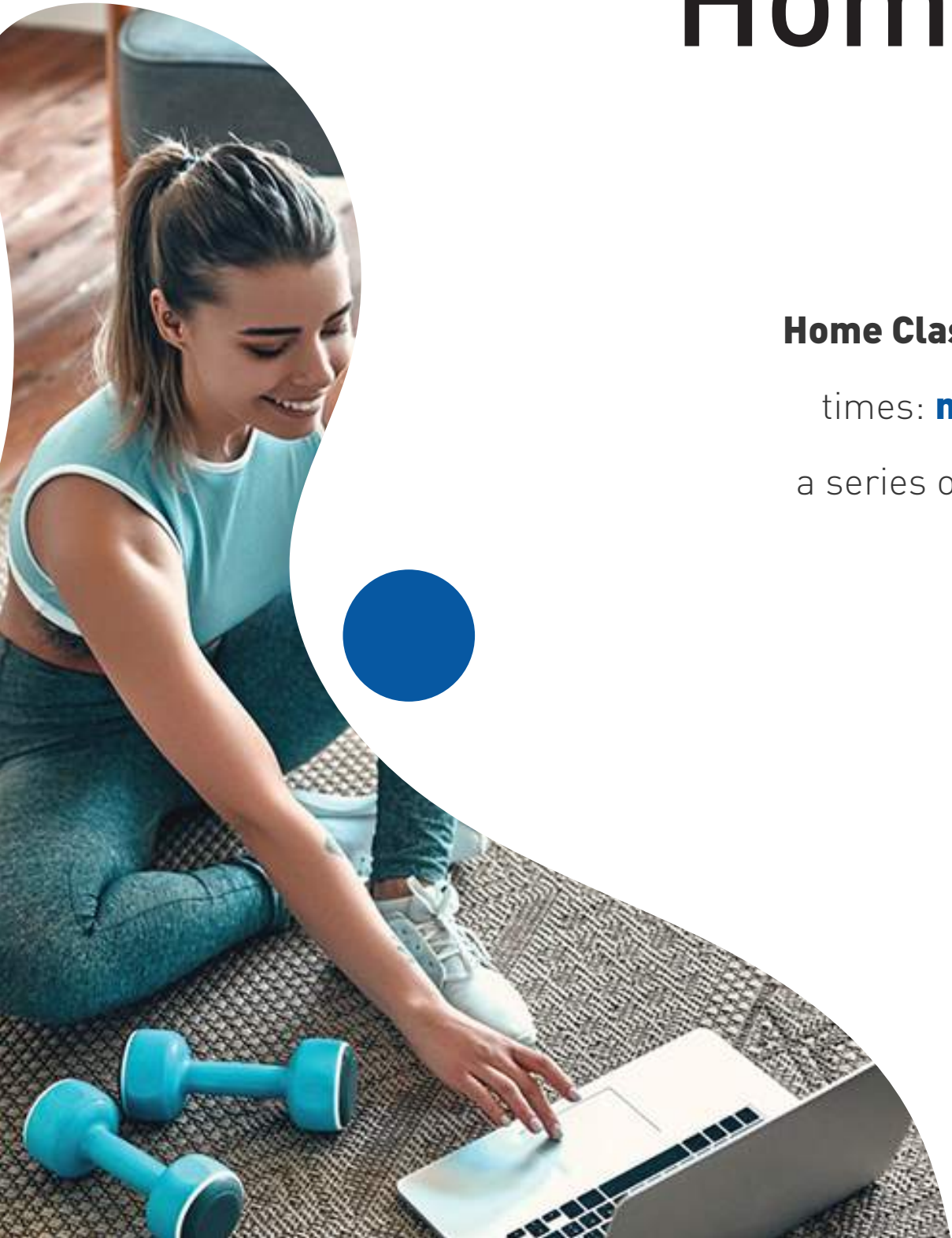


HOME CLASS
SPORT & WELLNESS



Home Class **in a nutshell**

Home Class is the answer to an emerging need during these sensitive times: **mental and physical balance**. Therefore, we came up with a series of online training sessions suitable to everyone who needs a boost for improving their lifestyle.



HOME CLASS
SPORT & WELLNESS

Why Home Class



Time is by your side

We know that sometimes exercise can be a burden, particularly if you have a busy schedule. With Home Class you save traffic hours and you **get more time to enjoy things that matter to you.**



It's like gym, but better

Home Class live sessions work as energy boosters. MedLife trainers created interactive classes which are suitable to **anyone who aims for a lifestyle change**, no matter their training level. You work out at home, in your own comfortable setup.



Daily motivation

MedLife trainers are good communicators and encourage active participation. We opted for a limited number of participants, so that they can take time to offer support and attention to all their attendees.



HOME CLASS
SPORT & WELLNESS



What we accomplished

together, within two months of programme

1387 unique
participants

>16 000 total
attendances

41 weekly
trainings



We made it

We skyrocketed your motivation

*All trainers
are really dedicated.
It's like going to
gym, but in my
own comfortable
home.*

*Everything
is very
professional.*

*I'd go on forever
with this programme.
MedLife trainers
are wonderful
and considerate.*

*I save
time.*

MedLife trainers



Cristian Șerban
Medical Gymnastics

He has a long history with sports: former rugby player - now referee, he is a kinetotherapist and massage therapist at MedLife. Cristian is very passionate about sports and competition.



Paula Nica
Pre and post-natal pilates

Paula has been a fitness and pilates instructor for over 10 years. Once she became a mother, she knew that personal example is the best way of motivating children. Thus, she uses her sport activity to inspire both parents and children and encourage an active lifestyle.



Robert Gebăilă
Medical Gymnastics

Robert is a passionate kinetotherapist who puts patients' well-being first. His nine years of experience in performance sports (football, karate) taught him the value of discipline and patience when aiming for long-term goals/



Ina Giușcă
Pilates, fitness

Ina has been practicing fitness for over two decades. She became a certified personal trainer and TRX instructor since 2015. Exercise helps Ina keep a balanced lifestyle and a positive mindset.



Adrian Bunea
Fitness

For Adrian, training means vitality and battery recharge. This is the reason he chose to become a fitness instructor in addition to his football career.



Andrei Ionescu
Medical Gymnastics

Andrei sees sports as lifestyle. After exploring judo, football, and swimming, he is currently gaining expertise in recovery sports, massage and kinetotherapy.

Join the HomeClass community

17
euro | **Casual**
subscription

10 monthly
training sessions
of your choice

23
euro | **Routine**
subscription

15 monthly
training sessions
of your choice

31
euro | **Extra**
subscription

20 monthly
training sessions
of your choice

45
euro | **Lifestyle**
subscription

30 monthly
training sessions
of your choice

HomeClass subscriptions are available for corporate purchase,
as well as individual access. In order to register, drop us a line at
sport@medlife.ro.

Frequently Asked Questions

What is HomeClass?

HomeClass consists in live training sessions accessible anywhere.

Sounds just right! How do I start?

First, you get a free demo session. Go to www.sport.medlife.ro, choose a class and enjoy it. If it's a good fit for you, next, you can buy one of our subscriptions by dropping a line at sport@medlife.ro.

What tools do I need for class?

You need a smart device (phone/tablet/PC), the Zoom app and internet connection.

How do I pay?

After choosing your subscription, you will receive your invoice by email.

Can I cancel a class?

Yes. At least 12 hours before the class, let us know by email at anularesport@medlife.ro and we'll take it from there.

I need additional info. Who do I talk to?

Send us an email at sport@medlife.ro, we'll be glad to help.