



Community Online Academy for Adults

A full day of free courses for adults, focused on fitness, learning, and fun

You and your family has access to Perks at Work’s free Community Online Academy (COA), offering **30+ live courses online every Thursday**. Our Adult Track runs from 9AM – 6PM eastern.

Join us every Thursday, with experts teaching courses designed for adults:

- Leadership in Practice
- Presence Over Video
- Bio-hacking Your Best
- Nutrition to Boost Immunity
- Back Pain
- Strength Training
- Boxing
- Cooking
- Intro DDO
- What’s Working/Not Working
- And more!

Featured course:



Back Pain

Allie leads a class through specific stretches and exercises to help manage lower back pain. She also has ergonomic recommendations for your work from home set up. Dial in live this week at 9am and 3pm EDT!

“My second week attending this class. Another excellent job. The pace and the cueing by Allie are excellent! Fit so much in just 25 minutes. ”

Also Available:

kidtrack

Learning courses

Wellness courses

Sign up on Perks at Work | www.perksatwork.com