



## EXECUTIVE FITNESS CORPORATE WELLNESS

### Objectives

- Client satisfaction and retention
- Superior communication among clients and fitness staff
- Courtesy at all levels of the team and with every guest
- Highest standards with every service
- Adherence to policies and procedures
- Continued self-education and training
- Attainment and maintenance of top ratings
- Adapt and change with the industry
- Set the standard of excellence

### Sample of Services Available

- Full-facility management for all your employees. We provide the staff to professionally run your fitness facility while adapting programs and contests to fit your needs.
- Group X Classes - we customize monthly schedules at your facility. (TRX, Zumba, Pilates, Barre, Bootcamp, Circuit, Spinning, and more!) Whether you need once a week or 100 in a month, we've got you covered!
- Personal training with our experienced staff
- Employee fitness contests to build morale and increase healthy lifestyles
- Lunch and learn seminars to educate your employees
- Exciting newsletters full of practical information

### Benefits of Employee Corporate Wellness

- Less sick days and increased productivity
- Staff building exercise programs to boost morale
- Improves wellness of employees both physically and mentally
- Creates a safe and healthy environment for each individual
- Produces a more inviting and relaxing environment for employees
- Reduces healthcare expenses