

**FREE BUSINESS ADVERTISING**  
IN OUR FACILITY WITH ANY LEVEL  
CORPORATE ACCOUNT

**GAIN EXPOSURE**  
TO OUR ENTIRE MEMBERSHIP BASE



**HOURS OF OPERATION::**  
MONDAY-THURSDAY 5AM TO 11PM  
FRIDAY 5AM TO 10PM  
SATURDAY 8AM TO 6PM  
SUNDAY 8AM TO 4PM

**STATE-OF-THE-ART, ALL-INCLUSIVE FITNESS CENTER**

"As a business owner, if you had to pick the fastest and most effective way to improve your bottom line, it is to get employees to move... There is a direct and linear correlation between [weight] and annual health care costs."

Dr. Ann Kulze, corporate wellness specialist.

A recent study by the University of Michigan on 23,000 General Motors employees found that adding two or more days of light exercise lowered costs by an average of \$500.00 per employee a year.

According to Cornell University Institute for Health and Productivity Studies, a company investment of \$100.00 - \$150.00 per employee each year to participate in an employee wellness program can save companies \$300 to \$450.00 per employee each year (savings may take a few years to actualize).

Obesity has been identified as the single largest contributing factor to rising health care costs for U.S. employers. Overweight employees have higher medical expenses than normal weight employees.

The costs of obesity to U.S. businesses for health care, sick leave and disability insurance are now estimated at \$12.7 billion a year (American Journal of Health Promotion).

Obesity is associated with 39 million lost workdays and 63 million doctor visits a year (National Business Group on Health).

Exercise has been proven to reduce and/or prevent illness and reduce stress. The benefits of reducing one or both can improve an employee's productivity level, decrease the amount of sick days used, improve employee morale and increase the employer's bottom line.

**Return on Investment:**

Research shows that prevention efforts are the best investment a company can make to control rising healthcare costs, and to protect the viability of their most important asset- their workforce.

*"the health of your business is our business"*

**CORPORATE GROUP RATES::**

**NUMBER OF EMPLOYEES**

up to 5  
up to 5  
up to 5  
5 to 10  
5 to 10  
5 to 10  
11-15  
11-15  
11-15  
16-20  
16-20  
16-20  
20+  
20+  
20+

**MEMBERSHIP LENGTH**

3 months  
6 months  
1 year  
3 months  
6 months  
1 year  
3 months  
6 months  
1 year  
3 months  
6 months  
1 year  
3 months  
6 months  
1 year

**RATE**

\$79 +tax/employee  
\$139 +tax/employee  
\$239 +tax/employee  
\$74 +tax/employee  
\$134 +tax/employee  
\$225 +tax/employee  
\$69 +tax/employee  
\$125 +tax/employee  
\$209 +tax/employee  
\$69 +tax/employee  
\$116 +tax/employee  
\$195 +tax/employee  
\$69 +tax/employee  
\$116 +tax/employee  
\$189 +tax/employee

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