

Sheridan Fitness Center's Corporate Wellness Program

Sheridan Fitness Center's Corporate Wellness Program is designed for companies with two or more individuals interested in helping their employees get on the path to a healthy lifestyle. Having your employees become a member of our gym is a huge benefit for both employees and employers!

Reduced Costs and Medical Claims

Thousands of studies confirm that regular exercise has a protective effect against a wide variety of illnesses and diseases. The surgeon general reports that 75% of all illnesses can be attributed to lifestyle related causes, and that 53% of America's population is "inactive". The most obvious benefit of a corporate wellness program is that it allows companies to reduce their overall health care cost by reducing the number of medical claims they have to file each year. What both businesses and the population at large need is exercise.

Employers will have:

1. Happier, healthier employees
2. Improved productivity
3. Great addition to your benefits package
4. Improved morale
5. Reduced medical costs and claims
6. Reduced absenteeism and disability time
7. Great recruiting tool

Your employees in turn will also:

1. Be happier and healthier
2. Have a great benefits package
3. Have reduced medical costs and claims
4. Have reduced absenteeism and disability time

Benefits of our Membership:

Sheridan Fitness Center's newly remodeled facility has the most up-to-date cardio and weight machine equipment as well as flat screen TV's and audio with personal headsets throughout. We have full service locker rooms with locker rentals or free day use and a convenient laundry service.

Other benefits included with membership:

- ❖ Orientations of Equipment
- ❖ 6 Week Individualized Fitness Programs (IFP)
- ❖ Monthly Newsletters or e-newsletters
- ❖ Full Time Fitness Staff
- ❖ Body Fat %
- ❖ Fitness Assessments

Other services offered through Sheridan Fitness Center:

- ❖ Personal Trainers – When available
- ❖ Massage Therapy – Independent Contractor
- ❖ Classes
- ❖ Locker Rental
- ❖ Laundry Service

SFC Cardio Equipment:

- ❖ StarTrac® Treadmills (3)
- ❖ Life Fitness® Ellipticals (5)
- ❖ Cybex® Arc Trainers (2)
- ❖ Recumbent (2) / Upright Bikes (3)
- ❖ Stair Steppers (2)

SFC Weight Equipment:

- ❖ 1-100lbs dumb bells
- ❖ Body Masters® Leg Press, Hamstring Curl, Leg Extension, Chin/Dip, Lat. Pull Down, Triceps Press, Adjustable Cable Pulley stations, Ab Curl and Back Extension
- ❖ Life Fitness® Triceps Press, Seated Chest Press, and Multi-Hip

Examples of Corporate Benefit Packages

Example 1 – Employer Contribution 100%

Employer contributes 100% of membership fees

These fees are paid by employer account monthly or yearly in full

Example 2 – Employer Account - Employer/Employee Split (this % is up to employer)

Funds are collected from employees by employer at own discretion and fees are paid from employer account

Example 3 – Employee Account – Employer/Employee Split (this % is up to employer)

Funds are collected from employer by employee agreement and fees are collected from employee's (member's) personal account.

Example 4 – Employee Contribution 100%

Employee contributes 100% of membership fees

These fees are paid by employee account monthly or yearly in full at **corporate discount rate**

SFC Corporate Wellness Rates

Option I- 1 Year Membership Paid in Full (25% discount)

Individual Membership \$480.00 per year	Corporate Membership \$360.00 per year
Couple Membership \$660.00 per year	Corporate Couple Membership \$495.00 per year

Option II - Monthly Payment Plan (15% discount)

Individual Membership

\$40 per month

Couple Membership

\$55 per month

Corporate Membership

\$34 per month

Corporate Couple Membership

\$46 per month

Note: Payments must be made electronically via a checking or savings account

Amenity Package Discount:

Laundry Service and Locker Rental

Individual Pricing

\$15/month laundry service

\$10/month locker rental

\$25.00 total

Corporate Membership Service Package

\$20 per month (20% discount) for both

Laundry and Locker

Other Items to consider with wellness program:

- **Member attendance tracking through key tag check in system**
- **Annual Wellness Blood Draw (October)**
- **Wellness Incentive Programs – prizes, vacation time, cash etc**
- **In office competitions – i.e. Body Composition and Fitness Assessment comparisons**

Wellness Incentive Program

Wellness Incentive Program is an employer customized incentive program to help individuals enrolled in the corporate membership program get the most from their membership as well as earn prizes for their hard work. This program is organized with the qualified staff of Sheridan Fitness Center and the employer. The incentive program is generally based on a point system. Sheridan Fitness Center will compile a record sheet and points system based on your specifications

Incentive prizes can be earned by:

- Pre-medical/annual exams – eye checkups, dental cleanings, immunizations, etc
- Blood Draws
- Exercise consistency
- Nutritional Diaries
- Health Education
- Body Fat and Fitness Assessment testing
- Seat belt safety
- Alcohol/Tobacco Cessation

Prizes earned can be:

- Cash
- Vacation time
- Fitness memberships
- Personal Training
- Spa Treatments – Massages, facials etc.
- Gift Certificates
- Clothing – T-shirts, sweatshirts, jackets, etc.